



## Aguadita (Peruvian Chicken Soup)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



240 min.

SERVINGS



6

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 bunch cilantro leaves whole minced plus more leaves for garnish)
- ☐ 3 limes quartered
- ☐ 6 servings very pepper sauce red hot for garnish to taste ( )
- ☐ 1 cup rice
- ☐ 6 servings salt and pepper to taste

## Equipment

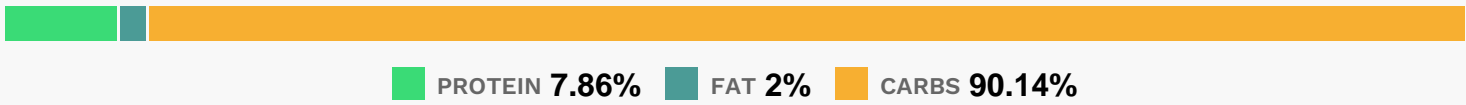
- ☐ bowl
- ☐ pot

- ☐ sieve
- ☐ tongs

## Directions

- ☐ Rinse chicken under cold water and remove and discard giblets (or set aside for another use). Put chicken, leeks, celery, carrots, ginger, garlic, and 5 quarts cold water into an 8-quart stockpot. Bring to a boil over high heat; reduce heat to medium-low and simmer, skimming occasionally, until the broth becomes rich and golden, 3 1/2 hours. Using tongs, transfer chicken to a large plate; set aside. Set a fine sieve over a clean pot and strain broth into pot; discard vegetables.
- ☐ Add potatoes to broth, bring to a boil over medium-high heat, and cook until potatoes are very tender, about 25 minutes. Meanwhile, remove and discard skin from chicken. Pull the chicken meat from the carcass; discard carcass. Tear chicken meat into at various sized chunks, from quite small to quite chunky. A varied texture is best. Bring the broth to a boil over high heat.
- ☐ Add the rice and corn (or hominy) pieces; cook until al dente, about 10 minutes.
- ☐ Add the minced cilantro and reserved chicken pieces and allow them to warm through. Season soup with salt and pepper. Divide soup, some of the chicken, a potato and a piece of corn between 6 deep serving bowls.
- ☐ Garnish each portion with boiled eggs and some of the cilantro, scallions, limes, and hot sauce.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20.86, Glycemic Load:15.67, Inflammation Score:-2, Nutrition Score:3.7043478203856%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 122.91kcal (6.15%), Fat: 0.28g (0.43%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 26.84g (9.76%), Sugar: 0.62g (0.68%), Cholesterol: 0mg (0%), Sodium: 199.26mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Manganese: 0.34mg (17.22%), Vitamin C: 10.18mg (12.34%), Selenium: 4.8µg (6.86%), Fiber: 1.38g (5.51%), Copper: 0.09mg (4.64%), Phosphorus: 42.14mg (4.21%), Vitamin K: 4.37µg (4.16%), Vitamin B5: 0.39mg (3.93%), Vitamin B6: 0.07mg (3.36%), Vitamin B3: 0.58mg (2.88%), Iron: 0.47mg (2.63%), Zinc: 0.38mg (2.53%), Magnesium: 10.07mg (2.52%), Potassium: 76.76mg (2.19%), Vitamin B1: 0.03mg (2.17%), Vitamin A: 106.89IU (2.14%), Calcium: 20.71mg (2.07%), Folate: 5.98µg (1.49%), Vitamin B2: 0.02mg (1.41%)