



Asian Broth



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



15 kcal

SIDE DISH

Ingredients

- ☐ 6 cups fat-skimmed beef broth
- ☐ 6 slices ginger fresh (quarter size)
- ☐ 2 cloves garlic pressed peeled
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 chilies dried red hot

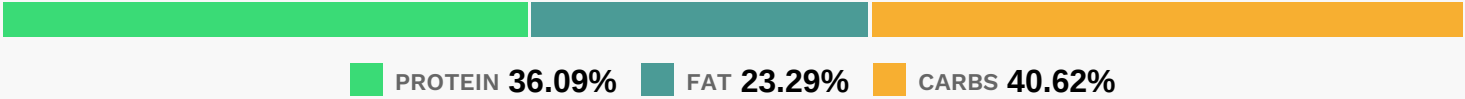
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

☐ In a 2 1/2- to 3-quart pan over high heat, bring to a boil chicken broth, green onions, ginger, red chilies, and garlic. Reduce heat, cover, and simmer 15 to 20 minutes. With a slotted spoon, lift out and discard ginger and chilies.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:3.2600000319274%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 15.11kcal (0.76%), Fat: 0.43g (0.66%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 930.27mg (40.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin K: 17.36µg (16.53%), Vitamin B12: 0.45µg (7.57%), Selenium: 5.2µg (7.43%), Vitamin B3: 1.34mg (6.7%), Vitamin B2: 0.06mg (3.36%), Phosphorus: 30.4mg (3.04%), Manganese: 0.06mg (3.01%), Potassium: 104.97mg (3%), Vitamin B5: 0.29mg (2.89%), Copper: 0.06mg (2.89%), Vitamin B6: 0.05mg (2.66%), Iron: 0.48mg (2.64%), Vitamin C: 2mg (2.43%), Vitamin A: 105.25IU (2.1%), Folate: 7.9µg (1.97%), Calcium: 17.25mg (1.72%), Vitamin B1: 0.02mg (1.54%), Magnesium: 5.12mg (1.28%), Fiber: 0.3g (1.21%)