



Chicken and Ginger Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons black bean garlic sauce yellow
- 4 large skin-on chicken drumsticks organic free-range rinsed
- 4 large strips. with skin and bones, rinsed organic free-range
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- 12 cilantro leaves fresh
- 1 piece ginger fresh peeled chopped for garnish
- 6 garlic clove peeled
- 8 servings spring onion chopped

- 8 servings jalapeno red
- 8 cups chicken broth
- 6 tablespoons oyster sauce
- 0.5 cup rice wine chinese
- 0.5 cup rice wine chinese
- 0.5 cup rice wine chinese
- 0.3 cup sugar
- 3 tablespoons vegetable oil
- 10 peppercorns cracked white

Equipment

- bowl
- ladle
- oven
- pot

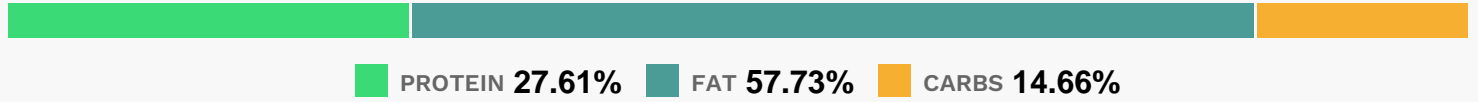
Directions

- Preheat oven to 350°F. Grind cilantro stems, garlic, chopped ginger, and peppercorns in mini processor to paste.
- Heat oil in large ovenproof pot over medium–low heat.
- Add paste; sauté until beginning to color, about 7 minutes.
- Add rice wine, increase heat, and boil 2 minutes. Stir in oyster sauce, yellow bean sauce, and sugar, then add broth.
- Add chicken pieces to pot. Bring soup to simmer. Cover and place in oven until chicken is tender, about 50 minutes.
- Remove soup from oven and let stand, covered, 10 minutes.
- Transfer chicken pieces to plate.
- Remove skin and bones.
- Cut chicken into bite–size pieces. Return chicken pieces to soup. Season with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until

cold, then cover and refrigerate. Spoon off fat, if desired, and rewarm soup over low heat before continuing.

- Ladle soup and some chicken into 8 bowls.
- Garnish with strips of fresh ginger, green onions, and chile rings.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:4.72, Inflammation Score:-4, Nutrition Score:15.63956521905%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 503.77kcal (25.19%), Fat: 29.23g (44.97%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 15.62g (5.68%), Sugar: 8.12g (9.02%), Cholesterol: 145.57mg (48.52%), Sodium: 569.94mg (24.78%), Alcohol: 7.24g (100%), Alcohol %: 1.9% (100%), Protein: 31.46g (62.91%), Vitamin B3: 10.63mg (53.15%), Selenium: 30.14µg (43.06%), Vitamin K: 34.92µg (33.26%), Phosphorus: 326.12mg (32.61%), Vitamin B6: 0.59mg (29.35%), Vitamin B12: 1.22µg (20.38%), Vitamin B2: 0.32mg (18.56%), Potassium: 588.83mg (16.82%), Zinc: 2.47mg (16.46%), Vitamin B5: 1.59mg (15.86%), Copper: 0.25mg (12.41%), Iron: 2mg (11.13%), Magnesium: 38.05mg (9.51%), Vitamin B1: 0.13mg (8.45%), Vitamin A: 394.97IU (7.9%), Vitamin C: 5.69mg (6.9%), Vitamin E: 0.93mg (6.19%), Manganese: 0.1mg (5.09%), Fiber: 1.08g (4.32%), Calcium: 40.07mg (4.01%), Folate: 13.1µg (3.28%), Vitamin D: 0.15µg (1.01%)