



## Chicken and Ginger Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 tablespoons bean sauce yellow
- ☐ 4 large skin-on chicken drumsticks organic free-range rinsed
- ☐ 4 large chicken thighs with skin and bones, rinsed organic free-range
- ☐ 12 long cilantro stems fresh
- ☐ 1 piece ginger fresh peeled chopped for garnish
- ☐ 6 garlic cloves peeled
- ☐ 8 servings green onions chopped
- ☐ 8 servings jalapeño chile rings red

- ☐ 8 cups low-salt chicken broth
- ☐ 6 tablespoons oyster sauce
- ☐ 0.5 cup rice wine chinese
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 10 peppercorns white

## Equipment

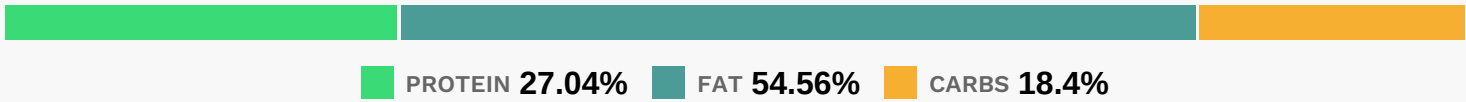
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot

## 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:11.879130472308%

## 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: 339.83kcal (16.99%), Fat: 19.84g (30.53%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 13.98g (5.08%), Sugar: 8.12g (9.02%), Cholesterol: 90.2mg (30.07%), Sodium: 525.84mg (22.86%), Alcohol: 2.41g (100%), Alcohol %: 0.77% (100%), Protein: 22.13g (44.26%), Vitamin B3: 8.01mg (40.03%), Vitamin K: 33.73µg (32.13%), Selenium: 19.15µg (27.36%), Phosphorus: 235.05mg (23.5%), Vitamin B6: 0.39mg (19.66%), Vitamin B12: 0.86µg (14.35%), Vitamin B2: 0.24mg (14.17%), Potassium: 465.5mg (13.3%), Zinc: 1.76mg (11.71%), Copper: 0.22mg (10.83%), Vitamin B5: 1.01mg (10.12%), Iron: 1.59mg (8.86%), Vitamin A: 350.9IU (7.02%), Vitamin C: 5.69mg (6.9%), Magnesium: 25.51mg (6.38%), Vitamin B1: 0.08mg (5.66%), Vitamin E: 0.81mg (5.4%), Manganese: 0.09mg (4.63%), Fiber: 1.08g (4.32%), Calcium: 34.05mg (3.41%), Folate: 11.41µg (2.85%)