



Chicken Arroz Caldo (Chicken Rice Porridge)

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



5

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5.3 cups chicken broth
- 2.3 pounds chicken wings split
- 1 teaspoon fish sauce for sprinkling,
- 2 inch ginger fresh peeled thinly sliced
- 2 cloves garlic crushed
- 1 cup glutinous rice sweet
- 1 green onion chopped
- 1 optional: lemon sliced

- 2 tablespoons olive oil
- 1 onion diced
- 5 servings salt and pepper to taste

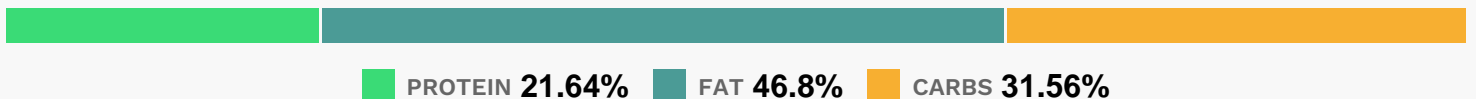
Equipment

- pot

Directions

- Heat the olive oil in a large pot over medium heat; cook and stir the onion, garlic, and ginger in the hot oil until fragrant, about 5 minutes.
- Add the chicken wings; cook and stir together for 1 minute. Stir the fish sauce into the pot, cover, and cook another 2 minutes.
- Pour the chicken broth into the pot.
- Add the sweet rice and stir. Bring the mixture to a boil; cover and cook for 10 minutes, stirring occasionally to assure the rice is not sticking to the bottom of the pot. Season with salt and pepper.
- Garnish with the green onion, and serve with lemon slices and additional fish sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:25.25, Inflammation Score:-4, Nutrition Score:13.297826072444%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 466.18kcal (23.31%), Fat: 24.04g (36.99%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 34.33g (12.48%), Sugar: 2.69g (2.99%), Cholesterol: 89.81mg (29.94%), Sodium: 1288.86mg (56.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.03%), Vitamin B3: 7.98mg (39.91%), Selenium: 24.17µg (34.53%), Manganese: 0.56mg (28.11%), Vitamin B6: 0.49mg (24.73%), Phosphorus: 195.23mg (19.52%), Vitamin C: 14.82mg (17.96%), Vitamin B2: 0.28mg (16.36%), Zinc: 2.17mg (14.46%), Vitamin B1: 0.19mg (12.98%), Vitamin B5: 1.26mg (12.56%), Iron: 2.1mg (11.68%), Magnesium: 38.83mg (9.71%), Potassium: 333.39mg (9.53%), Copper: 0.17mg (8.74%), Vitamin E: 1.29mg (8.63%), Fiber: 2.16g (8.63%), Vitamin K: 8.45µg (8.05%), Vitamin B12: 0.41µg (6.8%), Calcium: 42.88mg (4.29%), Folate: 16.05µg (4.01%), Vitamin A: 196.33IU (3.93%)