

Chicken Arroz Caldo (Chicken Rice Porridge)

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

READY IN



50 min.

SERVINGS



5

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5.3 cups chicken broth
- 2.3 pounds chicken wings split
- 1 tablespoon fish sauce
- 2 inch ginger fresh peeled thinly sliced
- 2 cloves garlic crushed
- 1 cup glutinous rice sweet
- 1 spring onion chopped
- 2 tablespoons olive oil

- 1 onion diced
- 5 servings salt and pepper to taste

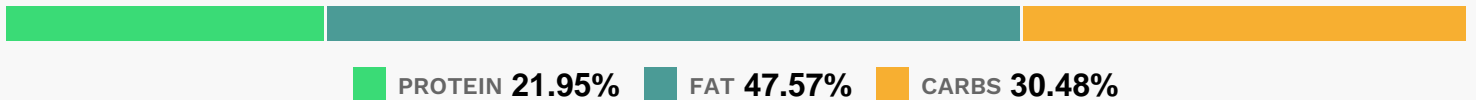
Equipment

- 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:37.4, Glycemic Load:24.89, Inflammation Score:-4, Nutrition Score:12.440000098685%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 460.76kcal (23.04%), Fat: 23.98g (36.89%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 33.01g (12%), Sugar: 2.24g (2.49%), Cholesterol: 89.81mg (29.94%), Sodium: 1476.83mg (64.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.8%), Vitamin B3: 8.02mg

(40.08%), Selenium: 24.3µg (34.72%), Manganese: 0.56mg (28.07%), Vitamin B6: 0.49mg (24.34%), Phosphorus: 191.94mg (19.19%), Vitamin B2: 0.28mg (16.18%), Zinc: 2.16mg (14.4%), Vitamin B1: 0.19mg (12.42%), Vitamin B5: 1.22mg (12.17%), Iron: 1.99mg (11.07%), Magnesium: 41.31mg (10.33%), Potassium: 310.49mg (8.87%), Vitamin E: 1.26mg (8.41%), Copper: 0.17mg (8.4%), Vitamin K: 8.45µg (8.05%), Vitamin B12: 0.42µg (6.99%), Fiber: 1.55g (6.21%), Vitamin C: 3.38mg (4.1%), Vitamin A: 191.87IU (3.84%), Calcium: 38.3mg (3.83%), Folate: 14.89µg (3.72%)