



WHATSheATE



## Chicken-Ginseng Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 cups regular corn fresh yellow
- ☐ 43.5 ounce less-sodium chicken broth fat-free canned
- ☐ 6 garlic cloves minced
- ☐ 2 tablespoons ginger fresh diced peeled
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 4 bags ginseng tea sliced

- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 0.1 teaspoon pepper white

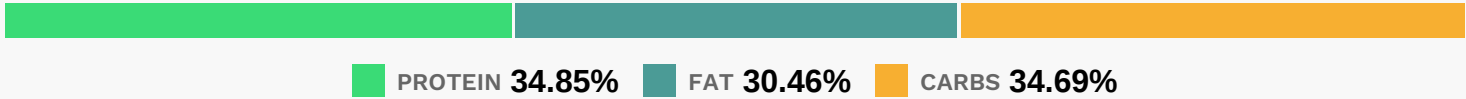
## Equipment

- ☐ dutch oven

## Directions

- ☐ Heat the oil in a Dutch oven over medium-high heat.
- ☐ Add onion, ginger, and garlic cloves; saut 2 minutes.
- ☐ Add chicken; saut 4 minutes.
- ☐ Add water and broth; bring to a boil. Stir in corn and ginseng tea; bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Sprinkle with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:10.878695731578%

## Flavonoids

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Nutrients (% of daily need)

Calories: 168.47kcal (8.42%), Fat: 5.93g (9.12%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 13.34g (4.85%), Sugar: 5.38g (5.98%), Cholesterol: 36.29mg (12.1%), Sodium: 783.74mg (34.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Vitamin B3: 7.81mg (39.06%), Selenium: 22.39µg (31.99%), Vitamin B6: 0.58mg (28.78%), Phosphorus: 200.12mg (20.01%), Vitamin B5: 1.45mg (14.49%), Potassium: 477.75mg (13.65%), Magnesium: 42.65mg (10.66%), Manganese: 0.21mg (10.5%), Vitamin B1: 0.15mg (10.31%), Vitamin C: 8.13mg (9.86%), Folate: 34.54µg (8.63%), Vitamin B2: 0.13mg (7.82%), Fiber: 1.86g (7.43%), Vitamin B12: 0.42µg (7.03%), Vitamin K: 6.73µg (6.41%), Copper: 0.11mg (5.74%), Zinc: 0.72mg (4.8%), Iron: 0.85mg (4.71%), Vitamin E: 0.44mg (2.92%), Calcium: 26.43mg (2.64%), Vitamin A: 119.69IU (2.39%)