



 **26%**  
HEALTH SCORE

## Chicken Porridge

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**393 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup carrots diced
- 300 grams chicken breast
- 5 cups chicken stock see
- 0.3 ginger
- 0.5 tsp pepper white
- 0.3 cup parsley chopped
- 1 cup rice
- 0.5 tsp salt

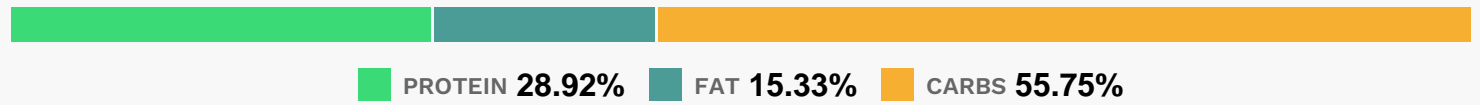
- 3 shallots thinly sliced
- 0.3 cup spring onion diced
- 0.5 tsp vegetable oil

## Equipment

## Directions

- Deep fry shallot till golden brown, drain oil and set aside. Retain the oil for later use. Wash rice and add oil.
- Mix rice and oil well.
- Add chicken stock, chicken breast and carrots and bring to boil. Turn heat to low and simmer for about 1 hour. Stir now and then. When porridge is thicken, turn of heat and dish out the chicken breast and shred it.
- Put the shredded chicken meat back into the porridge. Warm it before serving and garnish with spring onion, parsley, ginger and fried shallots and a few drops of shallot's oil.

## Nutrition Facts



## Properties

Glycemic Index:54.25, Glycemic Load:23.71, Inflammation Score:-9, Nutrition Score:24.675652173913%

## Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 393.05kcal (19.65%), Fat: 6.53g (10.05%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 51.34g (18.67%), Sugar: 7.27g (8.08%), Cholesterol: 57mg (19%), Sodium: 826.49mg (35.93%), Protein: 27.74g (55.48%), Vitamin K: 103.34µg (98.42%), Vitamin B3: 13.61mg (68.05%), Vitamin A: 3209.49IU (64.19%), Selenium: 37.89µg (54.13%), Vitamin B6: 0.92mg (45.9%), Phosphorus: 315.2mg (31.52%), Manganese: 0.63mg (31.4%), Potassium: 812.31mg (23.21%), Vitamin B2: 0.38mg (22.22%), Vitamin B5: 1.66mg (16.63%), Copper: 0.33mg (16.3%), Vitamin C: 12.25mg (14.84%), Vitamin B1: 0.22mg (14.42%), Magnesium: 53.55mg (13.39%), Iron:

2.03mg (11.29%), Folate: 44.13µg (11.03%), Zinc: 1.56mg (10.43%), Fiber: 2.12g (8.47%), Calcium: 51.86mg (5.19%),  
Vitamin E: 0.53mg (3.51%), Vitamin B12: 0.15µg (2.5%)