



## Chicken Soup with Ginger and Shiitake Mushrooms



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 ounce mushroom caps dried fresh ( is much preferable to in this recipe)
- ☐ 3 cups water boiling
- ☐ 1 pounds chicken thighs bone-in cut into chunks
- ☐ 1 inch ginger fresh peeled very thin sliced
- ☐ 2 Tbsp soya sauce gluten-free for version (use soy sauce )
- ☐ 2 teaspoons sugar
- ☐ 1 pinch salt

☐ 1 teaspoon cornstarch

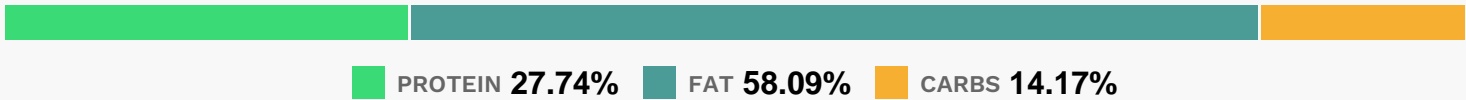
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve

Directions

- ☐ Soak dried mushrooms: Soak the dried mushrooms in the hot water for 20 minutes. Use a bowl or a smaller pot to keep the mushrooms submerged in the water.
- ☐ Marinate chicken: While the mushrooms are soaking, mix the soy, sugar, salt and cornstarch in a large bowl. Make sure there are no cornstarch lumps.
- ☐ Add the chicken and ginger to the bowl, toss to coat with the marinade, and set aside.
- ☐ Slice mushrooms, add to chicken: When the mushrooms have softened, remove from the water (saving the soaking liquid) and slice thin.
- ☐ Add the mushrooms into the bowl with the chicken. If the soaking water has grit in it, pour the soaking water through a fine-meshed sieve lined with a paper towel into another bowl.
- ☐ Cook chicken, mushrooms with mushroom soaking water:
- ☐ Put the chicken mushroom mixture, and the mushroom soaking liquid into a pot and bring to a boil. Lower the heat to a bare simmer, cover the pot and cook gently for 25 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:33.36, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:13.826521715392%

Nutrients (% of daily need)

Calories: 331.3kcal (16.56%), Fat: 21.48g (33.04%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 10.56g (3.84%), Sugar: 3.11g (3.46%), Cholesterol: 125.95mg (41.98%), Sodium: 795.65mg (34.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Selenium: 28.54µg (40.77%), Vitamin B3: 7.79mg (38.96%), Vitamin B5: 3.42mg (34.23%), Copper: 0.61mg (30.67%), Vitamin B6: 0.56mg (27.99%), Phosphorus: 247.32mg (24.73%), Vitamin B2: 0.31mg (18.19%), Zinc: 2.41mg (16.09%), Vitamin B12: 0.82µg (13.71%), Potassium: 443.62mg (12.67%), Magnesium: 45.08mg (11.27%), Manganese: 0.2mg (9.87%), Vitamin B1: 0.13mg (8.74%), Iron: 1.33mg (7.38%), Folate: 21.68µg (5.42%), Fiber: 1.24g (4.94%), Vitamin D: 0.5µg (3.31%), Vitamin K: 2.7µg (2.57%), Calcium: 21.24mg (2.12%), Vitamin A: 100.24IU (2%), Vitamin E: 0.28mg (1.84%)