



Chinese Poached Chicken Breasts with Star Anise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 peppercorns black
- ☐ 2 slices carrots
- ☐ 3.5 cups chicken broth low-sodium homemade canned
- ☐ 3 cinnamon sticks
- ☐ 0.3 cup brown sugar dark
- ☐ 0.3 cup cooking sherry dry
- ☐ 6.5 inch ginger fresh minced peeled smashed

- ☐ 4 cloves garlic smashed
- ☐ 0.3 teaspoon salt
- ☐ 6 scallions including tops green chopped cut into 4-inch lengths, 1
- ☐ 4 chicken breasts boneless skinless ()
- ☐ 0.3 cup soya sauce
- ☐ 5 star anise whole

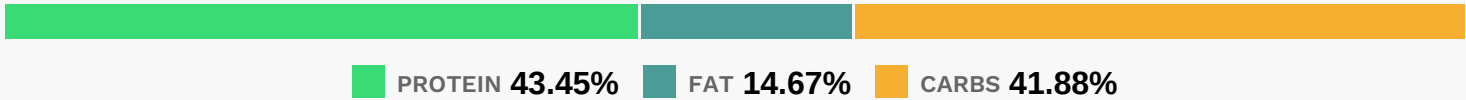
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ In a large saucepan, combine the broth, carrots, the 5 scallions, the smashed ginger, the garlic, brown sugar, soy sauce, star anise, cinnamon sticks, peppercorns, and salt. Bring to a boil, reduce the heat, and simmer, covered, for 20 minutes.
- ☐ Add the sherry and chicken and bring back to a simmer over moderately low heat, covered. Turn the chicken and simmer, covered, until the chicken is just done, about 5 minutes.
- ☐ With a slotted spoon, transfer the chicken, carrots, and star anise to large shallow bowls. Strain the broth and add the minced ginger and 2 tablespoons of the chopped scallion. Ladle the broth over the chicken and top with the remaining chopped scallion.
- ☐ Wine Recommendation: The exotic yet delicate broth requires a flavorful but light white wine. A German riesling would be ideal; if the riesling you choose has some slight sweetness, all the better.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:25.8499999946097%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 290.52kcal (14.53%), Fat: 4.7g (7.23%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 25.98g (9.45%), Sugar: 17.59g (19.54%), Cholesterol: 72.32mg (24.11%), Sodium: 1200.39mg (52.19%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 31.31g (62.61%), Vitamin A: 10416.74IU (208.33%), Vitamin B3: 16.09mg (80.47%), Vitamin B6: 1.07mg (53.62%), Selenium: 37.28µg (53.26%), Vitamin K: 46.72µg (44.5%), Manganese: 0.81mg (40.73%), Phosphorus: 365.23mg (36.52%), Potassium: 990.83mg (28.31%), Vitamin B5: 1.93mg (19.32%), Fiber: 4.2g (16.79%), Vitamin B2: 0.26mg (15.36%), Magnesium: 60.5mg (15.13%), Iron: 2.6mg (14.44%), Copper: 0.26mg (13.1%), Vitamin C: 10.21mg (12.37%), Calcium: 105.04mg (10.5%), Vitamin B1: 0.15mg (9.71%), Zinc: 1.35mg (9.02%), Folate: 32.18µg (8.04%), Vitamin B12: 0.43µg (7.21%), Vitamin E: 0.81mg (5.4%)