



Chinese-style Rice Soup with Chicken and Ginger

READY IN



390 min.

SERVINGS



8

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 4 cups chicken broth low-sodium homemade canned
- ☐ 1 medium bunch cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 2 teaspoons kosher salt
- ☐ 3 scallions thinly sliced
- ☐ 4 cups meat from a rotisserie chicken shredded cooked from 1 rotisserie chicken
- ☐ 2 tablespoons butter unsalted

- ☐ 6 cups water
- ☐ 8 servings sambal oelek

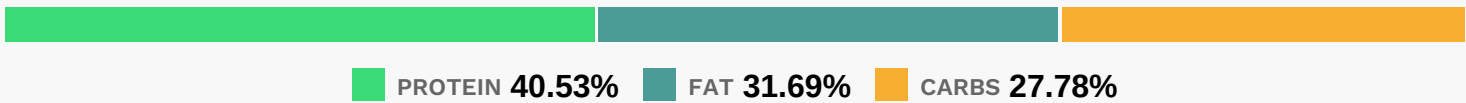
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Put the water and broth, salt, rice and butter in the slow cooker. Cover and cook on HIGH until the rice is soft and soupy, about 6 hours.
- ☐ When ready to serve, remove the lid and stir in the ginger and scallions. Portion the soup into bowls and top with the shredded chicken and cilantro.
- ☐ Serve with chili paste on the side if desired.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:23.59, Inflammation Score:-6, Nutrition Score:17.182608640712%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 469.98kcal (23.5%), Fat: 16.01g (24.63%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 30.34g (11.03%), Sugar: 0.23g (0.26%), Cholesterol: 111.28mg (37.09%), Sodium: 1139.16mg (49.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.07g (92.13%), Selenium: 41.84µg (59.77%), Vitamin B3: 9.58mg (47.92%), Phosphorus: 330.95mg (33.09%), Vitamin B6: 0.55mg (27.73%), Zinc: 4.09mg (27.28%), Folate: 96.07µg (24.02%), Iron: 3.87mg (21.52%), Manganese: 0.42mg (20.89%), Vitamin B12: 1.23µg (20.57%), Vitamin B1: 0.26mg (17.33%), Vitamin K: 15.03µg (14.32%), Vitamin B2: 0.23mg (13.59%), Vitamin B5: 1.18mg (11.8%), Magnesium: 46.69mg (11.67%), Potassium: 375.18mg (10.72%), Copper: 0.21mg (10.53%), Vitamin A: 411.92IU (8.24%), Fiber: 1.24g (4.94%), Calcium: 34.79mg (3.48%), Vitamin E: 0.47mg (3.11%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.16µg (1.03%)