



Cleansing Ginger-Chicken Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 peppercorns whole black
- ☐ 2 celery stalks chopped
- ☐ 2 garlic clove crushed
- ☐ 8 ounces ginger unpeeled scrubbed cut into 1/2"-thick slices
- ☐ 8 servings kosher salt
- ☐ 1 onion sliced
- ☐ 3 pound chicken whole with thighs attached, 2 wings, 1 back) organic cut into 7 pieces (2 breasts, 2 legs

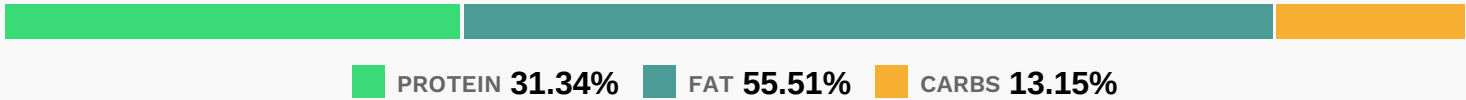
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Combine the first 5 ingredients in a large heavy pot.
- ☐ Add chicken, placing breasts on top.
- ☐ Add 6 quarts water (preferably filtered or spring water); bring to a boil over medium-high heat. Cover with lid slightly ajar. Reduce heat to low; simmer until chicken breasts are just cooked through, about 30 minutes.
- ☐ Transfer chicken breasts to a plate; let cool, then cover and chill. Continue to simmer soup, uncovered, until broth is fully flavored, about 2 1/2 hours longer. Return breasts to soup to rewarm, about 5 minutes.
- ☐ Remove chicken from broth. When cool enough to handle, coarsely shred meat; discard skin and bones.
- ☐ Place a fine-mesh sieve over another large pot; strain broth, discarding solids in strainer (you should have about 8 cups broth). Season with salt.
- ☐ Rewarm soup. Divide chicken among bowls.
- ☐ Pour hot broth over, dividing equally.
- ☐ Garnish soup with cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:7.0899999970975%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 205.29kcal (10.26%), Fat: 12.53g (19.28%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 5.82g (2.11%), Sugar: 1.09g (1.21%), Cholesterol: 61.24mg (20.41%), Sodium: 256.13mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin B3: 5.79mg (28.96%), Vitamin B6: 0.36mg (17.9%), Selenium: 12.14µg (17.34%), Phosphorus: 135.23mg (13.52%), Potassium: 299.35mg (8.55%), Vitamin B5: 0.83mg (8.26%), Zinc: 1.2mg (8.01%), Magnesium: 30.41mg (7.6%), Vitamin B2: 0.11mg (6.64%), Manganese: 0.13mg (6.41%), Copper: 0.11mg (5.65%), Iron: 0.96mg (5.35%), Vitamin C: 4.01mg (4.86%), Vitamin B1: 0.06mg (4.28%), Vitamin B12: 0.25µg (4.22%), Fiber: 0.86g (3.46%), Folate: 11.03µg (2.76%), Vitamin A: 119.82IU (2.4%), Vitamin E: 0.33mg (2.17%), Calcium: 19.11mg (1.91%), Vitamin K: 1.82µg (1.73%), Vitamin D: 0.16µg (1.09%)