



Congee

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

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken broth
- 0.3 teaspoon pepper red crushed
- 0.3 cup dry-roasted peanuts chopped
- 0.5 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 2 garlic cloves minced
- 2 inch ginger halved
- 0.7 cup jasmine long-grain uncooked

- 0.3 cup rice vinegar
- 0.8 pound skinned cut into bite-size pieces
- 2 teaspoons thai chili paste
- 1 teaspoon thai fish sauce (nam pla)

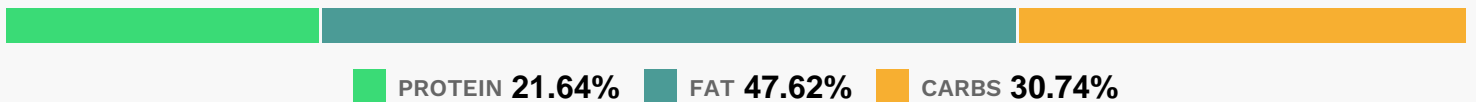
Equipment

- bowl
- sauce pan

Directions

- Combine first 4 ingredients.
- Place chicken and garlic in a bowl; coat with cooking spray, and toss well.
- Heat a large saucepan over medium-high heat; add chicken mixture. Cook, stirring constantly, 5 minutes or until chicken is done.
- Add broth and next 3 ingredients. Bring to a boil; cover, reduce heat to medium-low, and simmer 25 minutes or until rice is tender. Discard ginger
- Divide rice mixture evenly among 4 bowls; top evenly with reserved vinegar mixture, peanuts, and cilantro.

Nutrition Facts



Properties

Glycemic Index:54.55, Glycemic Load:15.14, Inflammation Score:-4, Nutrition Score:12.998260780521%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 397.26kcal (19.86%), Fat: 20.86g (32.1%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 28.59g (10.4%), Sugar: 1.44g (1.6%), Cholesterol: 88.05mg (29.35%), Sodium: 1114.04mg (48.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.65%), Manganese: 0.82mg (40.76%), Vitamin B3: 6.93mg (34.64%), Selenium: 23.07µg (32.96%), Phosphorus: 234.54mg (23.45%), Vitamin B6: 0.42mg (21.12%), Vitamin B2: 0.29mg (16.89%), Vitamin B5: 1.4mg (14.02%), Magnesium: 52.57mg (13.14%), Copper: 0.25mg (12.63%), Zinc: 1.87mg (12.46%), Vitamin B1: 0.18mg (12.13%), Potassium: 396.92mg (11.34%), Vitamin B12: 0.6µg (9.98%), Iron: 1.41mg (7.85%), Vitamin K: 8.22µg (7.83%), Fiber: 1.71g (6.85%), Folate: 23.09µg (5.77%), Vitamin A: 248.42IU (4.97%), Calcium: 45.81mg (4.58%), Vitamin E: 0.42mg (2.81%), Vitamin C: 1.83mg (2.21%)