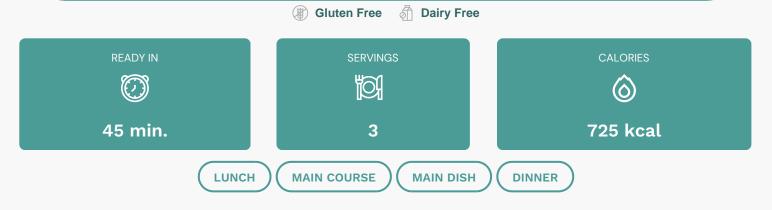


# Dinner Tonight: Chicken and Rice Soup with Ginger Dipping Sauce



## **Ingredients**

2 chicken thighs

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10 cups chicken stock see
1 Handful cilantro leaves chopped
2 tablespoons fish sauce
3 inches ginger fresh peeled
5 tablespoons juice of lime fresh
0.8 cup rice long-grain

	3 servings salt	
	2 spring onion	
	2.5 tablespoons sugar	
Equipment		
	bowl	
	ladle	
	pot	
Directions		
	Pour the rice into a large pot.	
	Add enough water to cover the rice by an inch, and stir for a few seconds.	
	Pour off this milky-colored water. Repeat this process two more times until the water that drains off is mostly clear, and not off-white.	
	Take 1-inch of the ginger and cut it into thick slices, then add it to the pot.	
	Cut the white part off of the scallion, and add it to the pot (save the green parts for a later use).	
	Add the chicken legs and then pour in the chicken stock. Turn the heat to high and bring to a boil. Reduce heat to medium and cook at a vigorous simmer for 5 minutes. Turn the heat to medium-low, stir the contents, and partially cover. Cook for 15 minutes and then remove the chicken. Dunk the chicken in an ice bath for a few minutes. Pat them dry and set aside. Partially cover the pot again, and cook for 45 minutes.	
	Meanwhile, finely mince the remaining ginger.	
	Add to a bowl along with the sugar, fish sauce, and lime juice. Stir until the sugar dissolves. Set aside for 30 minutes before using.	
	When the soup is done, remove the ginger and scallion whites from the pot. Season with salt to taste. Chop the green parts of the scallions. Ladle the soup into a bowl and garnish with the scallion greens and cilantro. Slice the chicken into 1-inch segments and serve along the bowl along with some of the ginger and lime juice dipping sauce.	

### **Nutrition Facts**

#### **Properties**

Glycemic Index:70.09, Glycemic Load:29.53, Inflammation Score:-6, Nutrition Score:25.05956492735%

#### **Flavonoids**

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

#### Nutrients (% of daily need)

Calories: 725.2kcal (36.26%), Fat: 26.03g (40.05%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 79.84g (26.61%), Net Carbohydrates: 78.75g (28.64%), Sugar: 23.85g (26.5%), Cholesterol: 118.41mg (39.47%), Sodium: 2359.68mg (102.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 40.12g (80.23%), Vitamin B3: 18.28mg (91.38%), Selenium: 43.88µg (62.69%), Vitamin B2: O.85mg (50.19%), Vitamin B6: O.97mg (48.47%), Phosphorus: 431.71mg (43.17%), Potassium: 1212.8mg (34.65%), Copper: O.62mg (31.1%), Manganese: O.59mg (29.32%), Vitamin B1: O.4mg (26.56%), Vitamin K: 24.52µg (23.35%), Magnesium: 89.83mg (22.46%), Zinc: 2.94mg (19.57%), Iron: 3mg (16.68%), Folate: 61.93µg (15.48%), Vitamin B5: 1.52mg (15.2%), Vitamin C: 11.37mg (13.79%), Vitamin B12: O.67µg (11.24%), Calcium: 61.31mg (6.13%), Vitamin A: 282.81IU (5.66%), Fiber: 1.09g (4.35%), Vitamin E: O.64mg (4.29%)