



Dinner Tonight: Chicken and Rice Soup with Ginger Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken thighs
- ☐ 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



 PROTEIN **22.47%**  FAT **32.81%**  CARBS **44.72%**

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 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 %: 0% (100%), Protein: 40.12g (80.23%), Vitamin B3: 18.28mg (91.38%), Selenium: 43.88µg (62.69%), Vitamin B2: 0.85mg (50.19%), Vitamin B6: 0.97mg (48.47%), Phosphorus: 431.71mg (43.17%), Potassium: 1212.8mg (34.65%), Copper: 0.62mg (31.1%), Manganese: 0.59mg (29.32%), Vitamin B1: 0.4mg (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: 0.67µg (11.24%), Calcium: 61.31mg (6.13%), Vitamin A: 282.81IU (5.66%), Fiber: 1.09g (4.35%), Vitamin E: 0.64mg (4.29%)