

Easy Tea-Poached Chicken With Rice

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



545 min.

SERVINGS



1

CALORIES



3788 kcal

BEVERAGE

DRINK

Ingredients

- 2 tea bags black
- 8 cups chicken broth
- 1 cup cilantro leaves chopped
- 0.5 cup apricots dried chopped
- 2 tablespoons ginger fresh sliced
- 1 pinch kosher salt to taste
- 1 cup roasted peanuts
- 1 cup short-grain rice white

- 0.5 cup soya sauce to taste
- 8 cups water
- 4 pound meat from a rotisserie chicken whole

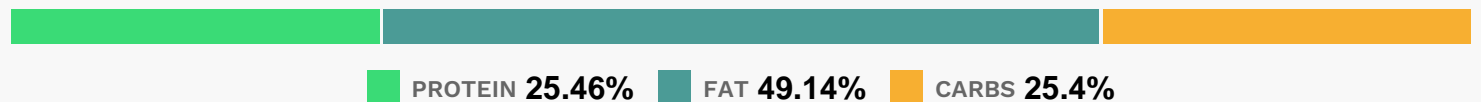
Equipment

- bowl
- paper towels
- pot
- kitchen twine

Directions

- Rub chicken with 1/4 cup kosher salt, cover, and refrigerate overnight.
- Rinse chicken and pat dry with paper towels.
- Mix short-grain rice, peanuts, apricots, and ginger together in a bowl; stuff the rice mixture into the chicken cavity. Tie legs together with a piece of kitchen twine.
- Pour chicken broth and water into a large soup pot and bring to a boil.
- Place chicken into the boiling mixture, breast side down; drop tea bags into the liquid. Reduce heat to low, cover, and simmer chicken for 45 minutes, turning chicken over in the broth after 30 minutes.
- Remove chicken from broth, transfer rice stuffing to a bowl, and cut chicken into quarters. Discard tea bags; strain broth, reserving any rice. Stir in soy sauce to taste and season to taste with salt.
- Serve chicken on a platter garnished with cilantro, with broth and rice stuffing on the side.

Nutrition Facts



Properties

Glycemic Index:177.4, Glycemic Load:138.43, Inflammation Score:-10, Nutrition Score:79.61173915863%

Flavonoids

Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 3787.7kcal (189.38%), Fat: 208.38g (320.58%), Saturated Fat: 49.14g (307.16%), Carbohydrates: 242.28g (80.76%), Net Carbohydrates: 217.28g (79.01%), Sugar: 45.14g (50.16%), Cholesterol: 690.77mg (230.26%), Sodium: 14847.44mg (645.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 242.9g (485.81%), Vitamin B3: 99.92mg (499.62%), Manganese: 7.37mg (368.72%), Selenium: 176.68µg (252.4%), Phosphorus: 2319.83mg (231.98%), Vitamin B6: 4.14mg (206.75%), Folate: 737.05µg (184.26%), Vitamin B1: 2.6mg (173.5%), Vitamin B2: 2.63mg (154.68%), Magnesium: 580.57mg (145.14%), Iron: 25.8mg (143.33%), Copper: 2.84mg (141.76%), Vitamin B5: 13.59mg (135.92%), Zinc: 18.91mg (126.09%), Potassium: 4410.74mg (126.02%), Fiber: 25g (99.98%), Vitamin A: 4679.14IU (93.58%), Vitamin K: 64.69µg (61.61%), Vitamin B12: 3.08µg (51.26%), Calcium: 451.71mg (45.17%), Vitamin E: 6.62mg (44.1%), Vitamin C: 19.6mg (23.76%), Vitamin D: 1.74µg (11.61%)