



Filipino Arroz Caldo

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds skin-on chicken breast halves bone-in 2 large
- ☐ 1 small carrots coarsely chopped
- ☐ 1 cup cilantro stems from 1 bunch
- ☐ 2 tablespoons cream sherry
- ☐ 1 tablespoon sesame oil dark
- ☐ 1.5 tablespoons fish sauce
- ☐ 0.8 cup cilantro leaves fresh
- ☐ 1.5 tablespoons ginger fresh minced peeled

- ☐ 2 garlic cloves crushed
- ☐ 6 garlic cloves minced
- ☐ 1.5 ounces ginger sliced
- ☐ 0.8 cup green onions sliced
- ☐ 6 large hard-cooked eggs halved
- ☐ 3 strips lime rind 1 1/2-inch
- ☐ 4 cups lower-sodium chicken broth fat-free
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 2 cups water
- ☐ 1 medium onion white vertically sliced
- ☐ 1 small onion white coarsely chopped
- ☐ 1 cup rice long-grain white

Equipment

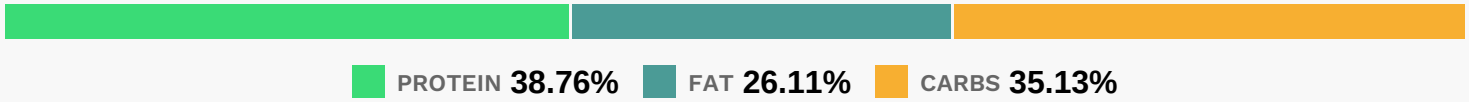
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ To prepare broth, combine first 9 ingredients in a large Dutch oven. Bring to a boil. Reduce heat to low; simmer 20 minutes or until chicken is just cooked through, skimming off and discarding foam as needed. Strain broth through a fine sieve to yield 5 cups (add additional water as needed to measure 5 cups), and discard solids.
- ☐ Remove chicken meat from bones; shred meat. Discard skin and bones.
- ☐ To prepare porridge, heat oil in a large saucepan over medium heat; swirl to coat.
- ☐ Add sliced white onion; cook 5 minutes or until softened, stirring occasionally.
- ☐ Add rice and next 3 ingredients (through 6 garlic cloves); cook 30 seconds, stirring constantly.

- ☐ Add 5 cups broth and sherry; bring to a boil. Cover and cook 35 minutes or until thick and rice begins to break down, stirring occasionally. (
- ☐ Mixture should be the consistency of rice pudding). Stir in chicken and fish sauce; cook for 2 minutes or until thoroughly heated. Spoon about 1 cup porridge into each of 6 bowls. Top each serving with 2 tablespoons cilantro, 2 tablespoons green onions, and 2 egg halves.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:16.55, Inflammation Score:-9, Nutrition Score:24.362608412038%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 389.44kcal (19.47%), Fat: 10.97g (16.87%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.31g (11.38%), Sugar: 3.01g (3.35%), Cholesterol: 259.07mg (86.36%), Sodium: 858.8mg (37.34%), Alcohol: 0.51g (100%), Alcohol %: 0.13% (100%), Protein: 36.62g (73.25%), Selenium: 57.67µg (82.38%), Vitamin B3: 12.79mg (63.96%), Vitamin B6: 1.11mg (55.35%), Vitamin A: 2127.73IU (42.55%), Vitamin K: 42.39µg (40.37%), Phosphorus: 388.6mg (38.86%), Potassium: 1037.59mg (29.65%), Manganese: 0.56mg (28%), Vitamin B5: 2.77mg (27.75%), Vitamin B2: 0.43mg (25.08%), Magnesium: 63.93mg (15.98%), Vitamin B12: 0.8µg (13.39%), Folate: 50.7µg (12.67%), Zinc: 1.76mg (11.75%), Vitamin C: 9.69mg (11.74%), Vitamin B1: 0.17mg (11.18%), Iron: 1.79mg (9.96%), Copper: 0.19mg (9.45%), Vitamin D: 1.21µg (8.09%), Fiber: 1.89g (7.55%), Calcium: 74.82mg (7.48%), Vitamin E: 1.07mg (7.15%)