



Ginger-Poached Chicken and Broth

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

READY IN



30 min.

SERVINGS



6

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 58 oz chicken broth divided reduced-sodium canned
- 2 large garlic cloves
- 5 quarter-size ginger fresh
- 1 pound boned cut into large chunks

Equipment

- bowl
- pot
- slotted spoon

Directions

- Bring 3 cans broth to a boil in a pot with ginger and garlic.
- Add chicken, cover, and remove from heat.
- Let sit, stirring occasionally, until chicken is cooked, 15 minutes.
- Using a slotted spoon, transfer chicken to a serving bowl.
- Add remaining 1 can broth to pot and bring to a boil.
- Serve broth and chicken in separate bowls.
- Make ahead: Up to 1 day. Bring all broth to a boil with chicken, then remove chicken and chill separately from broth.

Nutrition Facts

PROTEIN 59.47% **FAT 37.86%** **CARBS 2.67%**

Properties

Glycemic Index:7.5, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:22.818695573703%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 599.32kcal (29.97%), Fat: 24.2g (37.24%), Saturated Fat: 6.61g (41.3%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.7g (1.34%), Sugar: 0.11g (0.12%), Cholesterol: 185.41mg (61.8%), Sodium: 1409.52mg (61.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.55g (171.11%), Selenium: 74.8µg (106.86%), Vitamin B3: 14.51mg (72.56%), Phosphorus: 581.56mg (58.16%), Vitamin B6: 1.11mg (55.43%), Zinc: 7.32mg (48.81%), Vitamin B12: 2.89µg (48.19%), Iron: 3.89mg (21.64%), Potassium: 727.22mg (20.78%), Vitamin B2: 0.35mg (20.75%), Magnesium: 74.48mg (18.62%), Vitamin B5: 1.1mg (10.95%), Vitamin A: 507.83IU (10.16%), Copper: 0.17mg (8.68%), Vitamin E: 1.04mg (6.91%), Vitamin K: 6.48µg (6.17%), Calcium: 44.89mg (4.49%), Vitamin B1: 0.05mg (3.46%), Vitamin D: 0.35µg (2.33%), Folate: 9.18µg (2.29%), Manganese: 0.04mg (2.07%), Vitamin C: 1.51mg (1.83%)