



WHATSheATE



Jasmine Chicken Soup with Green Tea Soba



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 skin-on chicken breasts bone-in
- ☐ 3 tablespoons canola oil divided
- ☐ 3 medium carrots peeled sliced into 2- by 1/2-in. sticks
- ☐ 1 tablespoon ground coriander freshly ground
- ☐ 1 large fennel bulb cored trimmed sliced into thin strips
- ☐ 1.5 ounces ginger fresh generous peeled sliced into matchsticks (a 1/4 cup)
- ☐ 1 tsp kosher salt divided
- ☐ 2 qts chicken broth reduced-sodium

- ☐ 0.3 cup parsley mixed chopped
- ☐ 1 tsp pepper divided
- ☐ 2 medium onion red sliced into half-moons
- ☐ 8 oz soba noodles green
- ☐ 2 tablespoons freshly tea

Equipment

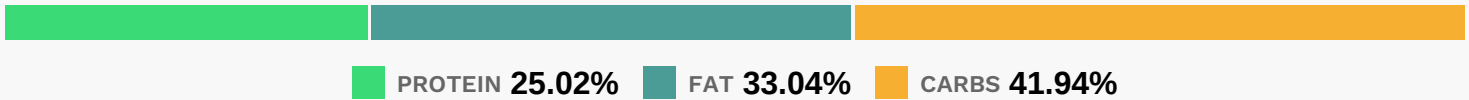
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ wok
- ☐ tongs

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 tbsp. oil in a large, heavy ovenproof frying pan or wok over medium heat.
- ☐ Add carrots, onions, fennel, ginger, and 1/2 tsp. each salt and pepper. Cook, stirring often, until vegetables soften, about 9 minutes.
- ☐ Transfer to a bowl and wipe pan clean.
- ☐ Boil 3 cups water.
- ☐ Remove from heat, add tea leaves, cover, and let steep 5 minutes.
- ☐ Heat chicken broth to a slow simmer in a pot. Strain tea into broth. Season broth with some salt and set aside, covered.
- ☐ Dry chicken with paper towels. Rub with 1 tsp. oil. Season all over with 1/2 tsp. each salt and pepper and the coriander.
- ☐ Heat same pan used for vegetables over high heat.

- ☐ Drizzle in remaining 2 tsp. oil, then add chicken, skin side down. Cook until skin turns very dark brown, almost black; then flip over with tongs and transfer pan to oven.
- ☐ Bake chicken until just opaque, in center, about 15 minutes (cut to check).
- ☐ Let stand until cool enough to handle.
- ☐ Cook soba according to package directions.
- ☐ Drain and rinse.
- ☐ Remove chicken skin and slice meat from bones. Put 6 large, wide bowls into turned-off oven to warm. Bring broth to a simmer, covered.
- ☐ Pile noodles into bowls. Top with chicken and vegetables, then ladle in broth.
- ☐ Sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:41.72, Glycemic Load:17.5, Inflammation Score:-10, Nutrition Score:24.113043137219%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 392.22kcal (19.61%), Fat: 15.16g (23.32%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 39.94g (14.53%), Sugar: 5.09g (5.65%), Cholesterol: 38.57mg (12.86%), Sodium: 865.17mg (37.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Vitamin A: 5410.77IU (108.22%), Vitamin K: 75.21µg (71.63%), Vitamin B3: 12.21mg (61.03%), Manganese: 0.75mg (37.73%), Phosphorus: 344.16mg (34.42%), Vitamin B6: 0.56mg (28.03%), Potassium: 871.88mg (24.91%), Magnesium: 75.86mg (18.97%), Copper: 0.36mg (17.91%), Vitamin B1: 0.27mg (17.77%), Iron: 2.95mg (16.4%), Vitamin C: 13.05mg (15.81%), Selenium: 10.78µg (15.4%), Vitamin B2: 0.24mg (14.33%), Fiber: 3.34g (13.38%), Folate: 53.26µg (13.32%), Vitamin E: 1.86mg (12.42%), Zinc: 1.75mg (11.69%), Vitamin B5: 1.09mg (10.94%), Vitamin B12: 0.52µg (8.67%), Calcium: 82.29mg (8.23%), Vitamin D: 0.24µg (1.61%)