



La Pa Congee (Porridge)



Gluten Free



Dairy Free

READY IN



595 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bok choy cut into 1-inch pieces
- ☐ 10 honey
- ☐ 10 dates red
- ☐ 10 mushrooms dried black
- ☐ 2 cups rice long-grain
- ☐ 2 teaspoons salt
- ☐ 6 ounce chicken breast diced boneless skinless
- ☐ 0.3 cup edamame soybeans dry

- ☐ 2 tablespoons vegetable oil
- ☐ 16 cups water
- ☐ 12 water chestnuts fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ wok

Directions

- ☐ Place the dried black mushrooms and soybeans into 2 separate large containers and cover each with several inches of cool water; let stand 8 hours to overnight.
- ☐ Rinse and drain the mushrooms and soy beans. Trim tough stems from mushrooms; cut each mushroom into halves.
- ☐ Bring a pot of water to a boil. With a sharp knife, cut an X shape into the peel of each chestnut.
- ☐ Add chestnuts to the boiling water; cook until hot, 3 to 4 minutes.
- ☐ Drain and plunge immediately into a large bowl of ice water to stop from cooking further.
- ☐ Drain and set aside. When cool enough to handle, peel the chestnuts from the shells and discard the skins and peels. Set the peeled chestnuts aside.
- ☐ Bring 16 cups water and long-grain rice to a boil in a large pot. Reduce heat to medium-low and cook at a simmer for 30 minutes.
- ☐ Heat oil in a wok or large skillet over medium-high heat to 400 degrees F (200 degrees C). Cook and stir bok choy in hot oil quickly, about 1 minute; add to the rice.
- ☐ Stir peeled chestnuts, black mushrooms, soy beans, water chestnuts, red dates, and salt into the rice. Bring the mixture to a boil, reduce heat to medium-low, and simmer 30 minutes. Stir chicken into the rice mixture, bring again to a boil, reduce heat to medium-low, and simmer until chicken is no longer pink in the middle, about 10 minutes.

Nutrition Facts



 **PROTEIN 14.4%**  **FAT 15.22%**  **CARBS 70.38%**

Properties

Glycemic Index:26.87, Glycemic Load:28.02, Inflammation Score:-9, Nutrition Score:16.56608706324%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 300.48kcal (15.02%), Fat: 5.11g (7.87%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 50.27g (18.28%), Sugar: 7.42g (8.24%), Cholesterol: 13.61mg (4.54%), Sodium: 684.76mg (29.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.78%), Vitamin A: 2543.78IU (50.88%), Vitamin C: 30.9mg (37.45%), Manganese: 0.73mg (36.64%), Vitamin K: 33.45µg (31.85%), Selenium: 17.19µg (24.56%), Vitamin B6: 0.47mg (23.33%), Vitamin B3: 4.46mg (22.32%), Copper: 0.38mg (18.94%), Phosphorus: 166.73mg (16.67%), Potassium: 513.72mg (14.68%), Folate: 58.02µg (14.51%), Vitamin B5: 1.34mg (13.35%), Vitamin B2: 0.21mg (12.45%), Magnesium: 47.42mg (11.85%), Fiber: 2.94g (11.75%), Calcium: 100.51mg (10.05%), Iron: 1.67mg (9.28%), Vitamin B1: 0.12mg (7.94%), Zinc: 1.13mg (7.52%), Vitamin E: 0.55mg (3.64%)