



## Lemony, Fragrant Chicken Broth



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 inch ginger fresh peeled
- ☐ 1 tablespoon garlic chopped
- ☐ 3 stalks lemon grass fresh
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds chicken thighs bone-in
- ☐ 8 cups water

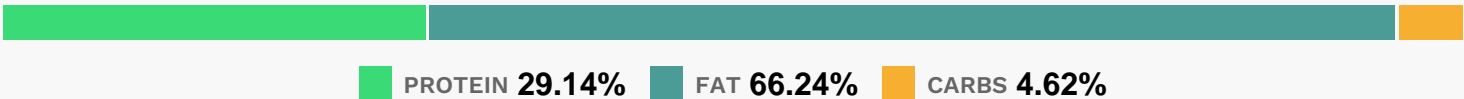
## Equipment

- ☐ frying pan
- ☐ knife
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

## Directions

- ☐ Combine 8 cups water and chicken leg quarters in a Dutch oven. Bring to a boil, skimming and discarding foam as needed. Reduce heat to low.
- ☐ Trim and discard root end of lemongrass stalks; discard toughest outer leaves. Smash stalks with the flat side of a knife.
- ☐ Add lemongrass, ginger, garlic, and peppercorns to pan. Partially cover, and simmer 50 minutes, skimming and discarding foam as needed.
- ☐ Remove chicken from pan using a slotted spoon; reserve for another use.
- ☐ Strain broth through a cheesecloth-lined colander; discard solids. Cool to room temperature. Cover and chill for 8 hours or overnight. Skim solid fat from surface; discard.
- ☐ Heat the broth in Dutch oven over medium heat, and stir in salt.
- ☐ Sprinkle with cilantro leaves.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:10.779999966207%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 293.79kcal (14.69%), Fat: 21.43g (32.96%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.04g (0.05%), Cholesterol: 125.95mg (41.98%), Sodium: 309.8mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Selenium: 24.33µg (34.75%), Vitamin B3: 6.08mg (30.42%), Manganese: 0.53mg (26.71%), Vitamin B6: 0.47mg (23.42%), Phosphorus: 214.55mg (21.45%), Vitamin B12: 0.82µg (13.71%), Vitamin B5: 1.33mg (13.34%), Zinc: 1.84mg (12.25%), Vitamin B2: 0.18mg (10.83%), Potassium: 341.13mg (9.75%), Iron: 1.59mg (8.82%), Magnesium: 34.34mg (8.59%), Copper: 0.15mg (7.7%), Vitamin B1: 0.1mg (6.95%), Vitamin K: 5.99µg (5.7%), Calcium: 31.04mg (3.1%), Vitamin A: 149.81IU (3%), Folate: 10.19µg (2.55%), Vitamin E: 0.3mg (1.99%), Vitamin C: 0.85mg (1.03%), Fiber: 0.26g (1.02%)