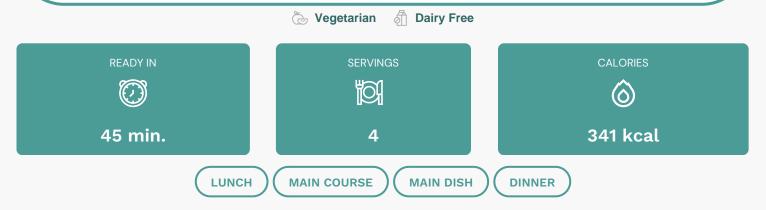


Roast Chicken Noodle Soup with Chrysanthemum



Ingredients

1 piece ginger fresh peeled sliced into thin rounds
3 garlic clove thinly sliced
6 cups chicken broth
0.3 large onion paper-thin sliced
2 tablespoons soya sauce
2 teaspoons sugar

14 ounce egg noodles fresh chinese thin

	3 large thai chile red sliced into thin rounds	
	3 tablespoons vegetable oil	
	3 cups water	
	3 star anise whole	
	2 bunches frangelico trimmed cut into 2-inch strips (5 cups)	
	2 bunches frangelico trimmed cut into 2-inch strips (5 cups)	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	ladle	
	pot	
	sieve	
	microwave	
	colander	
Directions		
	Stir star anise in heavy large saucepan over medium heat until slightly darker, wrinkled-looking, and fragrant, about 8 minutes.	
	Add 3 cups water and ginger; simmer 15 minutes.	
	Add broth, soy sauce, and sugar; simmer 15 minutes. Season to taste with salt and pepper.	
	Stir oil and garlic in small skillet over low heat until garlic is crisp and golden, about 8 minutes Set garlic oil aside.	
	Blanch chrysanthemum in large pot of boiling salted water until just wilted, about 5 seconds. Using strainer, transfer greens to colander. Rinse with cold water and drain. Return water in pot to boil.	
	Add noodles and cook until just tender but still firm to bite, stirring often, about 3 minutes.	
	Drain; transfer to large bowl.	
	Let stand 2 minutes.	

	Mix in 1 tablespoon garlic oil. Using kitchen shears, cut noodles crosswise in several places.	
	Heat chicken in microwave in 10-second intervals at low setting until warmed through. Divide noodles among 4 soup bowls; top each with 1/4 of chrysanthemum, chicken, and onion. Ladle 2 cups broth mixture into each bowl.	
	Drizzle with some garlic oil.	
	Serve, passing red chiles separately.	
Nutrition Facts		
	PROTEIN 15.44% FAT 37.44% CARBS 47.12%	

Properties

Glycemic Index:40.52, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:7.0547826808432%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 340.52kcal (17.03%), Fat: 14.48g (22.28%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 38.57g (14.03%), Sugar: 4.17g (4.63%), Cholesterol: Omg (0%), Sodium: 787.77mg (34.25%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.44g (26.88%), Vitamin B3: 5.29mg (26.45%), Iron: 3.32mg (18.43%), Vitamin K: 19.16µg (18.24%), Phosphorus: 128.99mg (12.9%), Copper: 0.25mg (12.31%), Potassium: 371.99mg (10.63%), Fiber: 2.44g (9.77%), Vitamin C: 7.1mg (8.6%), Vitamin B2: 0.13mg (7.65%), Manganese: 0.12mg (6.06%), Vitamin B12: 0.35µg (5.9%), Vitamin E: 0.86mg (5.72%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.51mg (3.37%), Calcium: 33.06mg (3.31%), Magnesium: 13mg (3.25%), Vitamin B1: 0.02mg (1.28%), Folate: 4.25µg (1.06%)