



Spiced Chicken Broth with Chive Flans

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 peppercorns black
- ☐ 2 carrots quartered
- ☐ 2 rib celery stalks cut into 2-inch lengths
- ☐ 5 pounds chicken wings
- ☐ 0.3 cup chives plus more for garnish finely chopped
- ☐ 1 large egg yolk whole
- ☐ 3 inch ginger peeled thinly sliced
- ☐ 16 cardamom pods green crushed

- ☐ 1 cup half and half
- ☐ 1 medium onion trimmed unpeeled halved
- ☐ 6 parsley (without leaves)
- ☐ 1 bay leaves
- ☐ 4 quarts water cold

Equipment

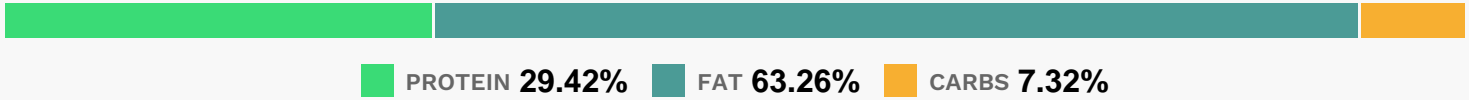
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ offset spatula

Directions

- ☐ Bring all broth ingredients to a boil with 2 teaspoons salt in an 8-to 10-quarts heavy pot and skim foam. Gently simmer, uncovered, skimming occasionally, 4 hours.
- ☐ Strain broth through a fine-mesh sieve lined with a damp paper towel into a large bowl, discarding solids. Skim off and discard any fat. Season with salt and pepper.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Simmer chives and half-and-half in a small heavy saucepan 5 minutes, then let stand, covered, 15 minutes.
- ☐ Whisk together egg and yolk, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a 2-cup measure, then whisk in chive mixture until blended. Put mold on a rack in a roasting pan and put 1

- teaspoon chive mixture in each cup (if using mini-muffin pans, fill only 16 cups; about 1 tablespoon per cup). You will have mixture left over.
- ☐ Bake in a water bath until flan is just set, 8 to 10 minutes (10 to 12 if using muffin pans). Carefully remove mold from water bath. Cool flans at room temperature, then chill until cold, at least 1 hour.
 - ☐ Run a thin knife around flans to loosen. Invert mold onto a baking sheet and, pressing gently, pop out flans (or lift out of muffin pans with a small offset spatula).
 - ☐ Carefully transfer flans to 8 shallow bowls and ladle in hot broth.
 - ☐ •Broth can be made 1 week ahead and chilled (covered once cool) or frozen 1 month. Discard solidified fat. •Flans can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:18.360434946807%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 413.59kcal (20.68%), Fat: 28.85g (44.38%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.59g (2.03%), Sugar: 2.65g (2.94%), Cholesterol: 151.41mg (50.47%), Sodium: 167.7mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.39%), Manganese: 1.21mg (60.72%), Vitamin A: 3030.74IU (60.61%), Vitamin B3: 9.36mg (46.78%), Selenium: 26.01µg (37.15%), Vitamin B6: 0.61mg (30.62%), Phosphorus: 257.83mg (25.78%), Zinc: 2.63mg (17.57%), Vitamin K: 17.68µg (16.84%), Vitamin B5: 1.4mg (13.97%), Vitamin B2: 0.23mg (13.41%), Iron: 2.26mg (12.55%), Magnesium: 50.03mg (12.51%), Potassium: 415.49mg (11.87%), Vitamin B12: 0.59µg (9.81%), Calcium: 94.44mg (9.44%), Copper: 0.18mg (9.04%), Fiber: 1.92g (7.69%), Vitamin B1: 0.11mg (7.54%), Vitamin C: 5.97mg (7.24%), Vitamin E: 0.71mg (4.73%), Folate: 18.51µg (4.63%), Vitamin D: 0.27µg (1.79%)