



Sunday Brunch: Aguadito de Pollo

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken breast bone in
- ☐ 1 pepper flakes cut in half and seeded.
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 6 ounces extra wide egg noodles
- ☐ 4 eggs
- ☐ 2 cloves garlic thinly sliced
- ☐ 1 lime quartered
- ☐ 2 quarts chicken stock low sodium homemade store-bought

- ☐ 4 servings salt and pepper
- ☐ 4 spring onion thinly sliced
- ☐ 2 yukon gold potatoes

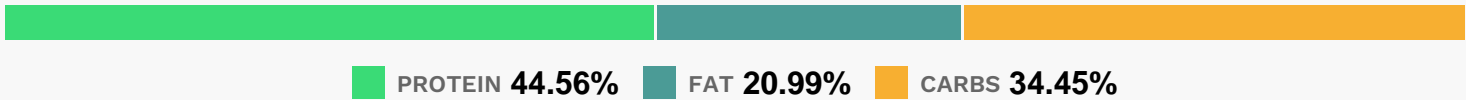
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place eggs in small sauce-pan and cover with cold water; bring to a boil, cover, and let sit 8 minutes.
- ☐ Remove skin from chicken and simmer with sliced garlic and half a chili pepper in stock until meat is fully cooked, about 30 minutes. Take chicken breasts out of the stock, remove bones and shred meat into large pieces, reserving meat, and discarding bones.
- ☐ Cut potatoes into quarters and cook in stock until tender, about 15 minutes.
- ☐ Add egg noodles to stock and cook until tender, for 4-5 minutes.
- ☐ Place chicken meat back in the pot to reheat, and season with salt and pepper to taste.
- ☐ Divide soup between bowls, making sure each one gets meat, potatoes, noodles and lots of stock. Slice each hard-boiled eggs in half and place on top of soup.
- ☐ Serve with plate of sliced limes, chopped cilantro, leftover half-chili thinly sliced, and chopped scallions for each person to garnish their own soup.

Nutrition Facts



Properties

Glycemic Index:74.69, Glycemic Load:24.7, Inflammation Score:-8, Nutrition Score:37.959130660347%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 641.98kcal (32.1%), Fat: 14.99g (23.06%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 51.04g (18.56%), Sugar: 3.43g (3.81%), Cholesterol: 344.55mg (114.85%), Sodium: 679.78mg (29.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.58g (143.16%), Selenium: 120.27µg (171.82%), Vitamin B3: 32.23mg (161.14%), Vitamin B6: 2.26mg (112.82%), Phosphorus: 871.83mg (87.18%), Potassium: 1871.31mg (53.47%), Vitamin C: 43.77mg (53.06%), Vitamin B5: 4.63mg (46.34%), Vitamin B2: 0.66mg (38.99%), Vitamin K: 35.15µg (33.48%), Manganese: 0.62mg (30.78%), Magnesium: 120.09mg (30.02%), Copper: 0.6mg (29.84%), Iron: 4.53mg (25.17%), Vitamin B12: 1.44µg (24.03%), Zinc: 3.54mg (23.61%), Vitamin B1: 0.33mg (21.81%), Fiber: 4.31g (17.24%), Folate: 68.58µg (17.14%), Vitamin A: 703.91IU (14.08%), Calcium: 99.91mg (9.99%), Vitamin E: 1.29mg (8.6%), Vitamin D: 1.23µg (8.23%)