



Sweet Corn and Chicken Soup

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns whole black
- 2 chicken breasts on the bone with skin
- 42 ounce regular corn creamed-style canned
- 1 carrots chopped
- 2 chicken bouillon cubes crumbled
- 0.3 cup cornstarch
- 2 egg whites
- 3 tablespoons ginger fresh finely chopped

- 3 inch hunk ginger fresh
- 6 servings kosher salt and pepper black freshly ground
- 1 leek green washed sliced in half and thoroughly
- 4 scallions white green chopped for final garnish finely (reserve some)
- 1 teaspoon sesame oil
- 6 servings soya sauce for serving
- 1 teaspoon unseasoned rice vinegar
- 0.3 cup water cold
- 1 teaspoon coriander seeds whole

Equipment

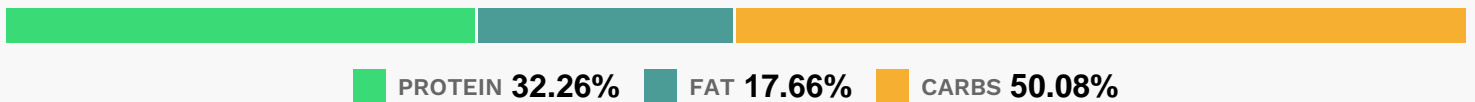
- bowl
- pot
- measuring cup
- cheesecloth
- kitchen twine

Directions

- Special equipment: cheesecloth
- Pour 10 cups water into a big stock pot and bring to a boil over high heat. While it's coming to temp, throw in the leek, carrot, and hunk of ginger.
- Place the coriander and peppercorns into a small square of cheesecloth. Tie with kitchen string and add to the pot.
- Skin the chicken breasts, remove any excess fat, and throw the chicken breasts into the pot. Allow the whole lot to come to a boil, and then turn it down and simmer, covered, until the chicken is cooked and tender, 20 to 30 minutes.
- Remove the chicken and allow to cool. Strain the stock and discard the leeks, carrots, ginger, and cheesecloth sachet.
- Return the stock to medium heat.

- Add the creamed corn, bouillon cubes, chopped ginger, scallions, and sesame oil. Keep the soup at a gentle simmer while you remove the chicken from the bone and shred finely using a fork. (Or you can just slice it really thinly.)
- Turn up the heat to high and bring the soup to a boil. In a small bowl or measuring cup, mix the cornstarch with the water until smooth.
- Add half to the soup whilst stirring. Allow to boil until it's thickened to the soup consistency of your liking. (If it doesn't thicken, add the remaining slurry.)
- Turn the heat back down to medium. In another small bowl, beat the egg whites with a little water. Stir the soup in circles as you add the egg whites in a steady stream; it should form pretty white wisps on the surface of the soup.
- Add the shredded chicken and rice vinegar. Cook for 5 minutes, allowing everything to warm through. Taste for seasoning.
- Serve with a splash of soy sauce and some of the reserved scallion greens.

Nutrition Facts



Properties

Glycemic Index:44.97, Glycemic Load:1.43, Inflammation Score:-9, Nutrition Score:16.63826078954%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 303.12kcal (15.16%), Fat: 5.9g (9.08%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 36.21g (13.17%), Sugar: 1.98g (2.2%), Cholesterol: 48.39mg (16.13%), Sodium: 1764.71mg (76.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.51%), Vitamin B3: 10.43mg (52.15%), Vitamin A: 2052.66IU (41.05%), Selenium: 27.16µg (38.8%), Vitamin B6: 0.67mg (33.46%), Phosphorus: 284.17mg (28.42%), Vitamin K: 26.49µg (25.22%), Manganese: 0.45mg (22.3%), Folate: 82.09µg (20.52%), Potassium: 693.35mg (19.81%), Magnesium: 63.24mg (15.81%), Vitamin B5: 1.25mg (12.49%), Vitamin B2: 0.2mg (11.98%), Vitamin C: 8.6mg (10.42%), Iron: 1.83mg (10.16%), Copper: 0.17mg (8.6%), Zinc: 1.2mg (8.01%), Vitamin B1: 0.11mg (7.59%), Fiber: 1.44g (5.77%), Calcium: 40.02mg (4%), Vitamin E: 0.43mg (2.89%), Vitamin B12: 0.16µg (2.73%)