



Winter Melon Soup



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 inch ginger fresh peeled very thin cut into matchsticks (2 tablespoons)
- ☐ 2 lb lime wedges
- ☐ 1 tablespoon salt
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 5 inch scallops dried
- ☐ 14 cups water
- ☐ 3 lb chicken whole
- ☐ 2 oz frangelico trimmed very thin sliced cut into matchsticks (1/2 cup) (1 piece or)

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Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

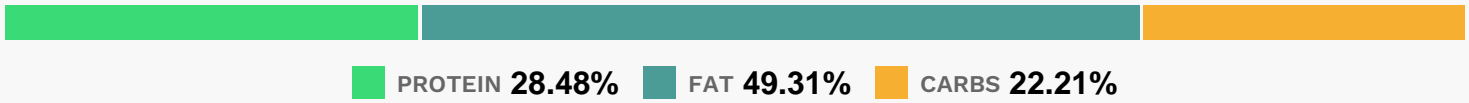
Directions

- ☐ Rinse chicken inside and out, then stuff cavity with scallions, ham, and ginger. Bring water with chicken and salt to a boil in a deep 7- to 8-quart stockpot or pasta pot, then reduce heat and cook at a bare simmer, uncovered, skimming off froth occasionally, 3 hours. 3
- ☐ Remove and discard chicken, then pour broth through a fine-mesh sieve into a large bowl.
- ☐ Let stand 5 minutes. Skim off fat. (You will have about 10 to 12 cups broth and need only 9 cups for this soup; reserve remainder for the Black-Bean Shrimp with Chinese Broccoli or for another use.)
- ☐ Bring 2 cups broth to a boil in a 1-quart heavy saucepan, then add dried scallops and remove from heat. Soak, covered, 15 minutes.
- ☐ Return scallop mixture to low heat and simmer, uncovered, until scallops are soft and pale, about 15 minutes.
- ☐ Remove from heat and cool in cooking liquid.
- ☐ Transfer scallops with a slotted spoon to a bowl, reserving cooking liquid. Shred scallops into "threads" with a fork or your fingers, discarding tough ligament from side of each scallop if attached. Bring remaining 7 cups broth to a simmer in cleaned 7- to 8-quart pot with scallops and reserved cooking liquid.
- ☐ Cut off and discard rind from winter melon.
- ☐ Remove and discard seeds, then cut melon into 1/3-inch cubes (about 5 cups).
- ☐ Add to broth and gently simmer, uncovered, until melon is transparent, 20 to 30 minutes. 3Stir in ham, ginger, scallions, and salt to taste just before serving.
- ☐ · Broth can be made 5 days ahead and cooled completely, uncovered, then chilled, covered.

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Remove any solidified fat before using.· Soup, without final addition of ham, ginger, and scallions, can be made 3 days ahead and cooled completely, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.93, Inflammation Score:-5, Nutrition Score:10.538695744846%

Flavonoids

Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 214.06kcal (10.7%), Fat: 12.56g (19.32%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 9.35g (3.4%), Sugar: 2.09g (2.32%), Cholesterol: 61.62mg (20.54%), Sodium: 959.63mg (41.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin C: 35.57mg (43.11%), Vitamin B3: 5.84mg (29.18%), Selenium: 12.47µg (17.81%), Vitamin B6: 0.34mg (17.11%), Phosphorus: 148.64mg (14.86%), Vitamin K: 14.84µg (14.14%), Fiber: 3.37g (13.49%), Vitamin B5: 1mg (10.01%), Copper: 0.19mg (9.47%), Zinc: 1.28mg (8.55%), Iron: 1.53mg (8.51%), Potassium: 297.92mg (8.51%), Vitamin B2: 0.13mg (7.44%), Magnesium: 29.65mg (7.41%), Calcium: 64.24mg (6.42%), Vitamin B1: 0.09mg (5.8%), Vitamin A: 233.36IU (4.67%), Folate: 18.42µg (4.6%), Vitamin B12: 0.28µg (4.59%), Vitamin E: 0.53mg (3.56%), Manganese: 0.04mg (2.06%), Vitamin D: 0.16µg (1.09%)