



Winter Melon, Sweet Corn and Chicken Soup



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



3

CALORIES



1421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots cut into small pieces
- ☐ 0.5 chicken – into pieces chopped
- ☐ 2 corn – into 1-inch pieces sweet chopped
- ☐ 3 servings salt
- ☐ 680 g winter melon – seeds and core removed cut into small pieces
- ☐ 1 large tomatoes cut into wedges
- ☐ 5 cups water

Equipment

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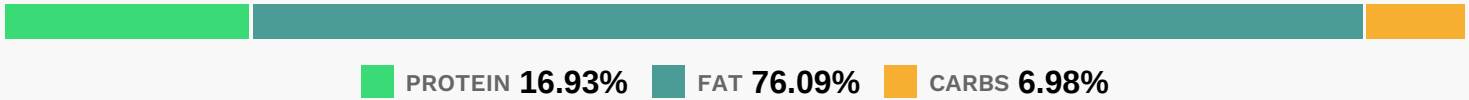
pressure cooker

Directions

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Place all ingredients into the pressure cooker pot and cook under pressure for 45 mins. If you are not using a pressure cooker, blanch the chicken before boiling to get rid of impurities then place all ingredients into a pot, bring to boil then simmer for about 1 1/2 to 2 hrs.

Nutrition Facts



Properties

Glycemic Index:46.78, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:11.453478419262%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 1421.32kcal (71.07%), Fat: 113.69g (174.92%), Saturated Fat: 15.36g (96.01%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 3.13g (1.14%), Sugar: 6.22g (6.91%), Cholesterol: 14.45mg (4.82%), Sodium: 244.06mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.92g (113.83%), Fiber: 23.07g (92.29%), Vitamin A: 3930.97IU (78.62%), Vitamin C: 9.86mg (11.95%), Vitamin B3: 1.88mg (9.41%), Vitamin K: 7.77µg (7.4%), Vitamin B6: 0.14mg (7.25%), Potassium: 246.75mg (7.05%), Copper: 0.12mg (5.89%), Manganese: 0.1mg (5.18%), Phosphorus: 50.51mg (5.05%), Magnesium: 17.09mg (4.27%), Selenium: 2.8µg (4%), Folate: 14.27µg (3.57%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.2%), Zinc: 0.45mg (2.99%), Vitamin B5: 0.29mg (2.9%), Vitamin B2: 0.05mg (2.75%), Calcium: 26.87mg (2.69%), Iron: 0.4mg (2.24%)