

Boiled Chicken

Yield: 8 min

Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-vietnamese-boiled-chicken>

Ingredients:

- 3 pounds chicken
- 1 onion large, halved - unpeeled
- 3 carrots cut into chunks - unpeeled
- 2 stalks celery cut into chunks
- 1 tablespoon whole peppercorns
- water to cover

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 110 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 35 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 150 milligrams
9. Sugar: 2 grams

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