

Chicken Rice Porridge or Congee

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-rice-porridge-recipe>

Ingredients:

- 2 cups rice
- 2 bone in chicken breast skin removed
- 10 cups water and a little more to dilute
- 1 inch ginger knob, finely julienned
- 3 green onions finely sliced
- sesame oil
- salt
- pepper
- soy sauce

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 70 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 510 milligrams

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