

Samgyetang (Ginseng Chicken Soup)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/samgyetang-recipe-in-chinese>

Ingredients:

- 2 5/8 pounds chicken whole, if you can, try to use cornish chicken as the typically recommended chicken size for samgyetang is about 4...
- 6 1/3 cups water
- 1/4 cup sweet rice mochi rice or sticky rice, soaked in water for 2 hours, this can be done overnight and kept in the fridge
- 1 ginseng dried or fresh Korean ginseng or American ginseng, I used 15 g of dried ginseng
- 4 whole garlic cloves peeled
- 5 dried jujube
- 4 nuts ginko, optional, peeled if not already
- 4 nuts chest, optional, fresh or frozen, peeled if not already
- 1 tablespoon green onion thinly sliced
- fine sea salt to taste
- ground black pepper to taste

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 195 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 64 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 450 milligrams
9. Sugar: 5 grams

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