

## **Sinigang na Manok with Vegetables**

from Mula sa Pusong: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

2 cloves     Garlic, chopped  
1/2 cup     Diced onions  
2 tbsps.     Fresh ground ginger  
1 1/2 tsps.   Olive oil  
8 small     Chicken pieces with bones (backs and ribs), skinless  
2 cups     Chicken stock  
2 medium    Tomatoes, diced  
2            Carrots, sliced  
2            Daikon radishes, sliced  
2            Sweet peppers, sliced  
1 cup       Kangkong or spinach  
1 tbsp.     Fish sauce  
Basil or Mint (optional)

Sauté garlic, onions and ginger in hot olive oil. Add the chicken braising until the meat turns slightly white. Pour in the stock, bring to a boil. Add the vegetables and turn the heat down to a simmer. Season with fish sauce. Add basil or mint before serving (optional)

Serves 4

### Single Serving Nutrient Values

Calories 478.8 kc  
% calories from fat 47  
Protein 48.71 gm  
Carbohydrate 14.56 gm  
Cholesterol 144.0 mg  
Sodium 434.4 mg  
Total Fat 24.65 gm

Saturated 6.628 gm  
Polyunsaturated 5.276 gm  
Monounsaturated 9.048 gm

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