

Sinigang na Manok with Vegetables

from Mula sa Puso: 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 tpsps. 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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