

hCG Approved Chicken Broth

per serving: cals: **111.3** fat: **1.2** g protein: **23** g carbs: **0.5** g fiber: **0.1** g

Servings per recipe: 6

Each serving counts as 1 serving of protein (or use a bit in cooking as a free food)

This recipe combines several ways to make your own chicken broth. I suggest combining with chicken and a vegetable (onion or celery) to make soup. Fresh herbs always make it better!



Ingredients

- 600 grams of skinless chicken breast cut into 6 x 3.5 ounce chunks
- 10 cups water
- 1/4 teaspoon celery salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon poultry seasoning
- 1 whole bay leaf
- 1 sprig thyme

Directions

Combine all ingredients and boil until chicken is done throughout. Remove chicken to refrigerate. Remove bay leaf, thyme sprig and discard. Makes 6 servings of chicken broth. Nutritional information includes one 3.5 ounce serving of chicken in the broth.

Nutritional Info

Servings Per Recipe: 6

Amount Per Serving

- Calories: 111.3
- Total Fat: 1.2 g
- Cholesterol: 57.5 mg
- Sodium: 847.7 mg
- Total Carbs: 0.5 g
- Dietary Fiber: 0.1 g
- Protein: 23.0 g



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