



Amazing Gnocchi Soup

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 broccoli stalks
- ☐ 2 teaspoons chicken soup base
- ☐ 1 chicken breast cooked chopped
- ☐ 0.5 cup regular corn
- ☐ 1 pinch basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 green onion chopped
- ☐ 0.1 teaspoon ground pepper black

- ☐ 0.3 onion diced
- ☐ 1.3 cups potato gnocchi
- ☐ 0.1 teaspoon salt
- ☐ 1 small tomatoes diced
- ☐ 3 cups water

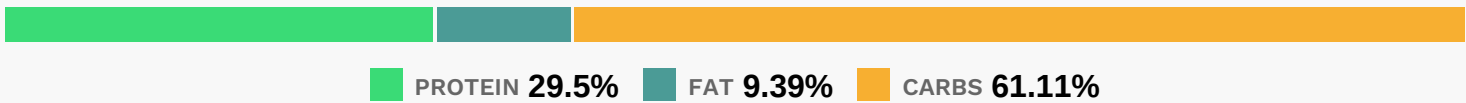
Equipment

- ☐ pot

Directions

- ☐ Combine water, gnocchi, chicken, tomato, onion, corn, green onion, chicken bouillon, broccoli, thyme, pepper, salt, and basil a stockpot; bring a boil. Reduce heat and simmer until gnocchi are cooked through and flavors have blended, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:94.83, Glycemic Load:33.37, Inflammation Score:-10, Nutrition Score:50.821739492209%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 4.87mg, Luteolin: 4.87mg, Luteolin: 4.87mg, Luteolin: 4.87mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 47.83mg, Kaempferol: 47.83mg, Kaempferol: 47.83mg, Kaempferol: 47.83mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 22.91mg, Quercetin: 22.91mg, Quercetin: 22.91mg, Quercetin: 22.91mg

Nutrients (% of daily need)

Calories: 502.06kcal (25.1%), Fat: 5.73g (8.81%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 83.84g (27.95%), Net Carbohydrates: 64.29g (23.38%), Sugar: 13.15g (14.61%), Cholesterol: 48.91mg (16.3%), Sodium: 1007.52mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.47g (80.94%), Vitamin C: 549.62mg (666.2%), Vitamin K: 638.44µg (608.04%), Folate: 402.37µg (100.59%), Vitamin A: 4166.31IU (83.33%), Fiber: 19.55g (78.22%), Vitamin B6: 1.49mg (74.58%), Manganese: 1.44mg (71.91%), Potassium: 2239.47mg (63.98%), Vitamin B3: 12.45mg (62.24%), Phosphorus: 567.49mg (56.75%), Iron: 9.29mg (51.62%), Vitamin B2: 0.81mg (47.87%), Selenium: 31.55µg (45.07%), Vitamin B5: 4.3mg (42.97%), Magnesium: 162.15mg (40.54%), Vitamin B1: 0.52mg (34.46%), Vitamin E: 5.16mg

(34.38%), Calcium: 342.63mg (34.26%), Zinc: 3.37mg (22.45%), Copper: 0.41mg (20.57%), Vitamin B12: 0.2µg (3.32%)