



## California Chicken Soup

READY IN



60 min.

SERVINGS



8

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli florets fresh
- 1 cup carrots thinly sliced
- 9 ounce cheese tortellini frozen
- 2 chicken breast halves diced boneless skinless frozen
- 48 fluid ounce chicken broth canned
- 1 dash garlic salt
- 1 teaspoon lemon pepper
- 1 small onion diced
- 1 teaspoon oregano dried

0.3 cup parmesan cheese grated

3 cups water

## Equipment

pot

## Directions

Bring the broth and water to a boil in a large pot, and mix in chicken, onion, and carrots. Season with lemon pepper, oregano, and garlic salt. Reduce heat to low, and simmer 25 minutes, or until chicken juices run clear.

Stir the broccoli into the pot, and cook 10 minutes. Stir in the tortellini, and continue cooking 10 minutes, or until tortellini is al dente.

Mix in the Parmesan cheese just before serving.

## Nutrition Facts

**PROTEIN 47.98%** **FAT 35.33%** **CARBS 16.69%**

## Properties

Glycemic Index:24.1, Glycemic Load:7.33, Inflammation Score:-9, Nutrition Score:20.672608696896%

## Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

## Nutrients (% of daily need)

Calories: 491.86kcal (24.59%), Fat: 18.84g (28.98%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 17.45g (6.35%), Sugar: 2.42g (2.69%), Cholesterol: 121.63mg (40.54%), Sodium: 1109.33mg (48.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.56g (115.12%), Vitamin A: 3170.03IU (63.4%), Selenium: 43.43µg (62.04%), Vitamin B3: 7.53mg (37.67%), Phosphorus: 374.51mg (37.45%), Zinc: 4.9mg (32.67%), Vitamin B6: 0.63mg (31.35%), Vitamin B12: 1.87µg (31.21%), Vitamin K: 31.51µg (30.01%), Vitamin C: 22.23mg (26.94%), Iron: 3.59mg (19.93%), Vitamin B2: 0.26mg (15.09%), Potassium: 524.07mg (14.97%), Magnesium: 51.71mg (12.93%), Calcium: 124.75mg (12.48%), Fiber: 2.57g (10.28%), Copper: 0.14mg (6.92%), Manganese: 0.13mg (6.66%), Vitamin E: 0.97mg (6.47%), Folate: 24.54µg (6.13%), Vitamin B5: 0.6mg (6.03%),

Vitamin B1: 0.05mg (3.36%), Vitamin D: 0.22 $\mu$ g (1.48%)