



Canja



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 3 pounds chicken meat boneless skinless
- ☐ 6 cups chicken stock see
- ☐ 0.8 cup ham diced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 6 servings salt to taste

- ☐ 0.8 cup tomatoes peeled seeded chopped
- ☐ 0.3 cup rice long-grain white

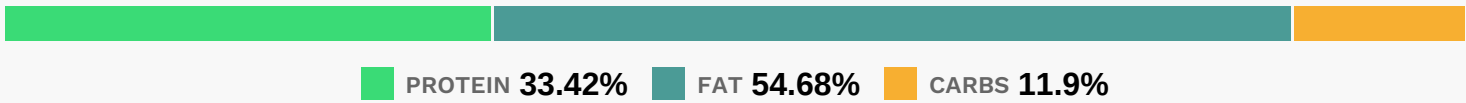
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ To a large saucepan, add the chicken, onion, and chicken stock. Bring to a simmer, and cover. Cook over low heat until the chicken is tender, about 45 minutes. Lift the chicken out onto a platter, and set aside. Strain the stock through a sieve set over a bowl. Discard the solids, and skim off as much fat as possible from stock.
- ☐ Rinse out the saucepan, and return the stock to it.
- ☐ Add the rice, tomatoes and carrots to the stock. Season with salt and black pepper to taste. Bring to a simmer. Cook until the rice is tender, about 25 minutes.
- ☐ When the chicken is cool enough to handle, cut it into strips about 1/2 X 1 1/2 inches. Return the chicken to the soup with the ham, and cook just long enough to heat through.
- ☐ Add the parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:4.64, Inflammation Score:-9, Nutrition Score:23.017391443253%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 632.96kcal (31.65%), Fat: 37.68g (57.98%), Saturated Fat: 10.58g (66.11%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 17.47g (6.35%), Sugar: 5.83g (6.48%), Cholesterol: 184.93mg (61.64%), Sodium: 891.31mg (38.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.82g (103.64%), Vitamin B3: 19.59mg (97.93%), Selenium: 39.21µg (56.02%), Vitamin B6: 1.01mg (50.27%), Vitamin A: 2318.91IU (46.38%), Phosphorus: 421.12mg (42.11%), Vitamin B2: 0.5mg (29.14%), Zinc: 3.49mg (23.26%), Potassium: 799.61mg (22.85%), Vitamin B5: 2.21mg (22.14%), Vitamin K: 17.94µg (17.09%), Vitamin B1: 0.25mg (16.57%), Iron: 2.87mg (15.95%), Magnesium: 62.56mg (15.64%), Copper: 0.28mg (14.04%), Vitamin B12: 0.7µg (11.72%), Vitamin C: 9.53mg (11.56%), Manganese: 0.2mg (10.07%), Folate: 35.56µg (8.89%), Vitamin E: 0.94mg (6.28%), Calcium: 45.39mg (4.54%), Fiber: 0.98g (3.93%), Vitamin D: 0.45µg (3.02%)