



Chicken Alphabet Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots sliced
- 0.3 teaspoon pepper black
- 0.5 cup celery chopped
- 2 cups meat from a rotisserie chicken cooked chopped
- 43.5 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons basil fresh chopped
- 0.5 cup bell pepper green chopped
- 1 cup leek sliced

- 2 teaspoons olive oil
- 1 tablespoon oregano fresh chopped
- 0.7 cup alphabet pasta uncooked
- 0.8 cup water

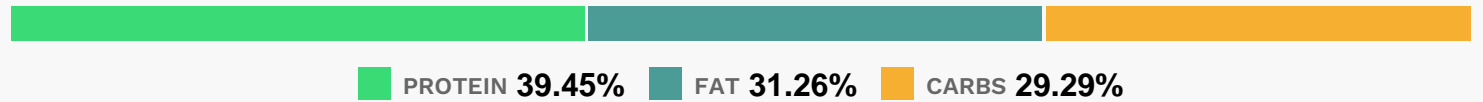
Equipment

- dutch oven

Directions

- Heat oil over medium heat in a Dutch oven.
- Add leek and next 3 ingredients; saut until tender.
- Add water and broth. Bring to a boil; add pasta, and cook 5 minutes or until pasta is done. Stir in chicken and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:12.917825906173%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 145.42kcal (7.27%), Fat: 5.03g (7.73%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.77g (3.19%), Sugar: 2.53g (2.81%), Cholesterol: 35mg (11.67%), Sodium: 904.5mg (39.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Vitamin A: 3341.8IU (66.84%), Selenium: 20.63µg (29.48%), Vitamin B3: 5.25mg (26.24%), Vitamin K: 21.26µg (20.24%), Vitamin B6: 0.33mg (16.53%), Vitamin C: 12.72mg (15.42%), Phosphorus: 142.22mg (14.22%), Manganese: 0.28mg (13.95%), Iron: 1.84mg (10.24%), Vitamin B12: 0.55µg (9.11%), Potassium: 317.85mg (9.08%), Vitamin B5: 0.88mg (8.79%), Vitamin B2: 0.14mg (8.31%), Copper: 0.15mg (7.44%), Fiber: 1.83g (7.32%), Folate: 27.56µg (6.89%), Magnesium: 26.96mg (6.74%), Zinc: 0.96mg (6.38%), Calcium: 51.17mg (5.12%), Vitamin B1: 0.08mg (5.02%), Vitamin E: 0.56mg (3.75%)