



Chicken and Artichoke Minestrone

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce artichoke hearts drained canned
- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced drained canned
- 2 quarts chicken broth
- 4 cups chicken meat cooked
- 0.5 cup cooking sherry dry
- 10 large mushrooms fresh quartered
- 10 ounce pkt spinach frozen

- 4 cloves garlic chopped
- 2 tablespoons olive oil
- 1 onion chopped
- 1 cup orzo pasta uncooked
- 0.8 teaspoon pepper flakes red crushed
- 0.5 teaspoon salt
- 11 ounce kernel corn whole undrained canned

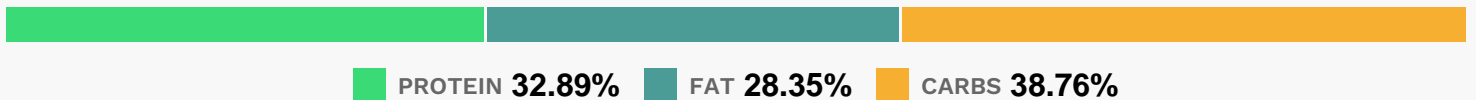
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add orzo pasta and cook for 10 minutes or until al dente; drain.
- In a large saucepan over medium heat, heat the olive oil and saute the onion and garlic until tender.
- Pour in the chicken broth and sherry, and mix in corn with liquid, artichokes, cooked chicken, and mushrooms. Season with salt, pepper, and red pepper. Cook and stir until heated through, about 10 minutes.
- Mix the spinach, tomatoes, and cooked orzo into the saucepan. Continue to cook and stir about 10 minutes, until blended and heated through.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:18.186087069304%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 217.76kcal (10.89%), Fat: 6.65g (10.23%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.74g (6.45%), Sugar: 3.83g (4.25%), Cholesterol: 38.15mg (12.72%), Sodium: 957.82mg (41.64%), Alcohol: 1.03g (100%), Alcohol %: 0.35% (100%), Protein: 17.36g (34.72%), Vitamin K: 91.48µg (87.12%), Vitamin A: 2903.95IU (58.08%), Selenium: 23.64µg (33.78%), Vitamin B3: 5.71mg (28.56%), Manganese: 0.5mg (25.05%), Vitamin B2: 0.33mg (19.25%), Vitamin B6: 0.35mg (17.61%), Phosphorus: 175.7mg (17.57%), Folate: 56.01µg (14%), Potassium: 464.42mg (13.27%), Copper: 0.26mg (13.07%), Magnesium: 49.65mg (12.41%), Iron: 1.99mg (11.05%), Fiber: 2.71g (10.86%), Vitamin E: 1.58mg (10.53%), Vitamin B1: 0.15mg (9.85%), Zinc: 1.44mg (9.59%), Vitamin B5: 0.95mg (9.5%), Vitamin C: 6.29mg (7.62%), Calcium: 63.43mg (6.34%), Vitamin B12: 0.17µg (2.91%)