



Chicken and Barley Soup

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 oz chicken broth (4 cups)
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks sliced
- ☐ 3 oz mushrooms fresh sliced
- ☐ 0.3 cup quick-cooking barley uncooked
- ☐ 1 teaspoon dehydrated onion dried minced
- ☐ 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)

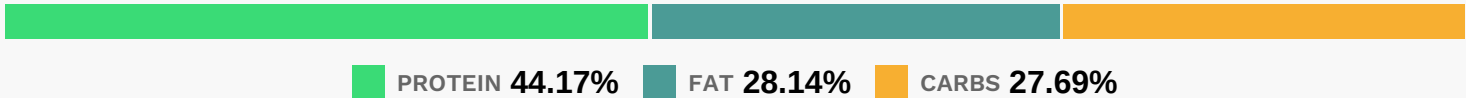
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix all ingredients except chicken.
- ☐ Heat to boiling over medium-high heat. Reduce heat to medium. Cover; simmer 15 to 20 minutes or until barley is tender.
- ☐ Add chicken. Cover; cook about 3 minutes or until chicken is hot.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:10.355217459409%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 222.03kcal (11.1%), Fat: 7.11g (10.94%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 12.24g (4.45%), Sugar: 4.21g (4.68%), Cholesterol: 78.73mg (26.24%), Sodium: 962.64mg (41.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.23%), Vitamin A: 3725.3IU (74.51%), Manganese: 0.34mg (16.76%), Fiber: 3.5g (14.01%), Vitamin B2: 0.22mg (12.9%), Vitamin C: 9.07mg (10.99%), Vitamin B3: 2.11mg (10.57%), Potassium: 357.56mg (10.22%), Vitamin K: 10.01µg (9.53%), Copper: 0.18mg (9.03%), Selenium: 6.31µg (9.01%), Vitamin B6: 0.17mg (8.74%), Vitamin B1: 0.12mg (7.8%), Phosphorus: 69.81mg (6.98%), Iron: 1.23mg (6.83%), Magnesium: 24.27mg (6.07%), Folate: 21.92µg (5.48%), Vitamin E: 0.72mg (4.78%), Calcium: 46.82mg (4.68%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.6mg (4%)