



Chicken and Brown Rice Soup



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



10

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.8 cup brown rice
- ☐ 0.3 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 5 cups chicken broth
- ☐ 0.3 cup regular corn
- ☐ 1 teaspoon sage dried
- ☐ 1 teaspoon ground pepper black

- ☐ 1 cup onion diced
- ☐ 1 teaspoon salt
- ☐ 2 chicken breast halves boneless skinless

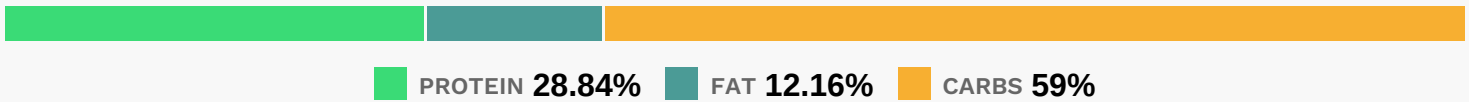
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring chicken broth to a boil in a large pot; cook chicken breasts in the boiling water until no longer pink in the center, about 20 minutes.
- ☐ Remove chicken from the chicken broth using a slotted spoon and shred with a fork.
- ☐ Stir shredded chicken, celery, onion, carrots, corn, black beans, sage, pepper, salt, and bay leaves into the chicken broth and cook until vegetables are slightly softened and flavors of soup have blended, about 20 minutes.
- ☐ Add brown rice to soup and simmer until rice is tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:6.99, Inflammation Score:-5, Nutrition Score:7.0013042545837%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 97.79kcal (4.89%), Fat: 1.32g (2.03%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.26g (4.82%), Sugar: 1.65g (1.83%), Cholesterol: 16.81mg (5.6%), Sodium: 706.27mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Manganese: 0.66mg (33.01%), Vitamin B3: 3.38mg

(16.89%), Vitamin B6: 0.28mg (13.96%), Vitamin A: 601.82IU (12.04%), Selenium: 7.84µg (11.21%), Phosphorus: 101.26mg (10.13%), Magnesium: 31.93mg (7.98%), Vitamin B1: 0.11mg (7.56%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.63mg (6.32%), Potassium: 214.08mg (6.12%), Fiber: 1.16g (4.63%), Copper: 0.08mg (3.96%), Zinc: 0.58mg (3.85%), Vitamin K: 4.01µg (3.81%), Folate: 12µg (3%), Iron: 0.53mg (2.95%), Vitamin C: 2.18mg (2.64%), Calcium: 20.7mg (2.07%), Vitamin B12: 0.07µg (1.14%)