



Chicken and Escarole Soup with Fennel

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce frangelico diced canned
- 4 celery stalks chopped
- 1 head endive cut into wide strips
- 1 teaspoon fennel seeds
- 4 garlic clove chopped
- 8 cups chicken broth
- 0.3 cup olive oil
- 2 cups onion chopped

- 1 tablespoon oregano dried
- 6 servings pecorino cheese grated
- 1.5 pounds chicken thighs boneless skinless cut into 1/2-inch cubes

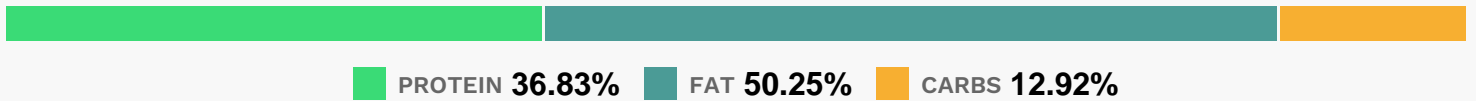
Equipment

- bowl
- ladle
- pot

Directions

- Heat oil in large pot over medium-high heat.
- Add chicken; sprinkle with salt, pepper, and oregano.
- Mix in onions, celery, garlic, and fennel seeds. Sauté until vegetables begin to soften, about 4 minutes. Stir in tomatoes.
- Add broth; bring to boil. Reduce heat to medium; simmer until vegetables and chicken are tender, about 15 minutes.
- Add escarole; simmer until wilted, about 3 minutes. Season with salt and pepper. Ladle into bowls.
- Serve, passing cheese separately.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:28.454347817794%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 7.93mg, Kaempferol: 7.93mg, Kaempferol: 7.93mg, Kaempferol: 7.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg

Nutrients (% of daily need)

Calories: 421.75kcal (21.09%), Fat: 23.93g (36.82%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 10.05g (3.65%), Sugar: 3.17g (3.52%), Cholesterol: 138.93mg (46.31%), Sodium: 577.11mg (25.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.47g (78.94%), Vitamin K: 188.83µg (179.83%), Phosphorus: 577.48mg (57.75%), Vitamin B3: 11.11mg (55.55%), Selenium: 30.73µg (43.9%), Calcium: 415.33mg (41.53%), Vitamin A: 1804.81IU (36.1%), Vitamin B6: 0.68mg (33.88%), Folate: 126.26µg (31.57%), Vitamin B2: 0.49mg (28.59%), Potassium: 918.8mg (26.25%), Manganese: 0.51mg (25.37%), Zinc: 3.56mg (23.71%), Vitamin B12: 1.38µg (22.94%), Vitamin B5: 2.25mg (22.55%), Copper: 0.34mg (17.19%), Iron: 2.99mg (16.62%), Magnesium: 62.44mg (15.61%), Fiber: 3.8g (15.21%), Vitamin E: 2.07mg (13.8%), Vitamin B1: 0.21mg (13.67%), Vitamin C: 9.62mg (11.66%)