



## Chicken and Gnocchi Soup

READY IN



40 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce baby spinach leaves
- 2 carrots shredded
- 3 stalks celery diced
- 4 cups chicken broth
- 1 pound chicken breast cubed cooked
- 1 tablespoon cornstarch
- 3 cloves garlic minced
- 6 servings salt and ground pepper black to taste
- 2 cups half-and-half cream

- 1 tablespoon olive oil
- 1 small onion diced
- 16 ounce potato gnocchi mini
- 2 tablespoons water cold

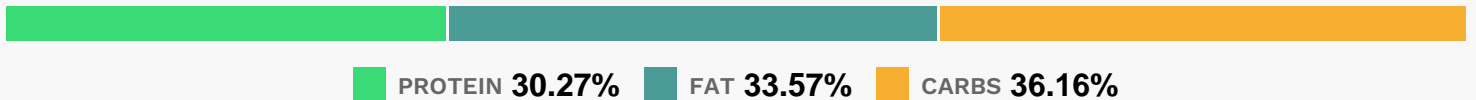
## Equipment

- whisk
- pot

## Directions

- Heat olive oil in a large pot over medium heat. Cook onion, celery, garlic, and carrots in the hot oil until onion is translucent, about 5 minutes. Stir in cubed chicken and chicken broth; bring to a simmer.
- Stir gnocchi into the simmering soup and cook until they begin to float, 3 to 4 minutes. Stir in spinach; cook until wilted, about 3 additional minutes.
- Whisk cornstarch into cold water until smooth. Stir cornstarch mixture and half-and-half into simmering soup. Cook until soup thickens slightly, about 5 minutes. Season to taste with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:44.64, Glycemic Load:18.3, Inflammation Score:-10, Nutrition Score:25.096956522568%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

## Nutrients (% of daily need)

Calories: 412.8kcal (20.64%), Fat: 15.44g (23.75%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 33.88g (12.32%), Sugar: 5.87g (6.52%), Cholesterol: 95.63mg (31.88%), Sodium: 996.25mg (43.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.65%), Vitamin K: 148.39µg (141.32%), Vitamin A: 6450.51IU (129.01%), Vitamin B3: 11.29mg (56.46%), Selenium: 24.77µg (35.39%), Vitamin B6: 0.63mg (31.25%), Phosphorus: 287.08mg (28.71%), Iron: 4.61mg (25.59%), Vitamin B2: 0.42mg (24.52%), Manganese: 0.44mg (22.16%), Folate: 73.78µg (18.45%), Potassium: 627.91mg (17.94%), Calcium: 167.86mg (16.79%), Magnesium: 60.4mg (15.1%), Vitamin C: 11.84mg (14.36%), Fiber: 3.53g (14.11%), Vitamin B5: 1.12mg (11.25%), Vitamin B1: 0.16mg (10.55%), Vitamin E: 1.57mg (10.48%), Zinc: 1.45mg (9.63%), Vitamin B12: 0.44µg (7.36%), Copper: 0.13mg (6.63%)