



Chicken and Pasta Soup

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken drumsticks and skin off bone in
- ☐ 8 cups chicken stock see
- ☐ 1 medium potatoes diced peeled (and)
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup peas
- ☐ 0.5 cup angel hair pasta (broken in small pieces)
- ☐ 0.3 cup onion finely chopped
- ☐ 1 garlic clove minced ()

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon achiote
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 serving lime and avocado for serving

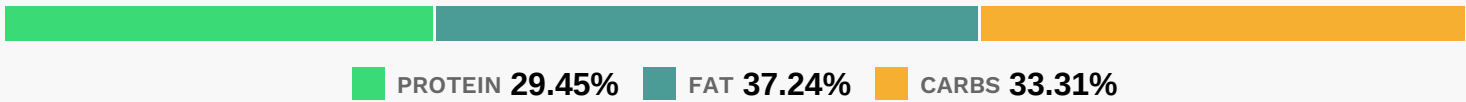
Equipment

- ☐ pot

Directions

- ☐ Place the chicken in a medium pot and add the chicken stock. Bring to a boil and then reduce the heat to low.
- ☐ Add the rest of the ingredients, except the pasta and cilantro.
- ☐ Cook for about 35 to 40 minutes or until chicken is completely tender.
- ☐ Remove the chicken from the pot and take the meat off the bone. Discard the bones and set the meat aside.
- ☐ Add the pasta and cilantro to the soup. Cook for about 8 minutes more. Return the chicken to the pot and serve hot with lime and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:58.49, Glycemic Load:7.53, Inflammation Score:-9, Nutrition Score:17.757826131323%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 331.12kcal (16.56%), Fat: 13.57g (20.88%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 24.07g (8.75%), Sugar: 7.1g (7.89%), Cholesterol: 79.25mg (26.42%), Sodium: 548.91mg (23.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin B3: 9.87mg (49.36%), Vitamin A: 1991.16IU (39.82%), Selenium: 26.2µg (37.43%), Vitamin B6: 0.65mg (32.7%), Phosphorus: 273.43mg (27.34%), Vitamin B2: 0.46mg (27.14%), Potassium: 830.87mg (23.74%), Vitamin C: 15.6mg (18.92%), Vitamin B1: 0.26mg (17.55%), Copper: 0.34mg (17.01%), Zinc: 2.4mg (16.02%), Fiber: 3.25g (12.98%), Magnesium: 51.1mg (12.77%), Vitamin K: 13.23µg (12.6%), Folate: 50.17µg (12.54%), Vitamin B5: 1.2mg (12.03%), Manganese: 0.24mg (11.92%), Iron: 1.95mg (10.85%), Vitamin B12: 0.42µg (6.94%), Vitamin E: 0.71mg (4.7%), Calcium: 35.72mg (3.57%)