



Chicken and Pastina Soup

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken breast boneless skinless
- 32 oz chicken broth
- 1 tablespoon olive oil
- 0.5 cup onion chopped (1 medium)
- 0.5 cup carrots diced (1 medium)
- 0.5 cup celery diced (1 medium stalk)
- 1 cup canned tomatoes with basil (from 28-oz can) organic crushed
- 0.5 teaspoon sea salt
- 0.3 teaspoon pepper black freshly ground

- 1 bay leaves dried
- 8 oz pasta uncooked
- 2 cups mustard greens packed chopped
- 0.3 cup parmesan shredded

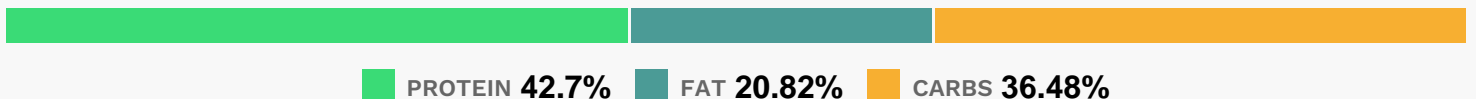
Equipment

- frying pan
- pot

Directions

- Place chicken in 12-inch skillet.
- Add 1 carton of the broth.
- Heat to boiling. Reduce heat; cover and simmer 20 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in 5-quart stockpot, heat oil over medium heat.
- Add onion, carrot and celery; cook 8 to 10 minutes, stirring occasionally, until vegetables are tender.
- Drain chicken, reserving broth; set chicken aside. Strain broth; add to vegetables. Stir remaining carton of broth, the tomatoes, salt, pepper and bay leaf into stockpot.
- Heat to boiling. Stir in pasta. Reduce heat; cover and simmer 15 minutes.
- Shred or cut chicken into bite-size pieces; add to soup. Stir in greens just until wilted.
- Remove bay leaf.
- Serve with a sprinkle of additional freshly ground pepper and the cheese.

Nutrition Facts



Properties

Glycemic Index:27.28, Glycemic Load:7.05, Inflammation Score:-8, Nutrition Score:15.140869555266%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 4.37mg, Kaempferol: 4.37mg, Kaempferol: 4.37mg, Kaempferol: 4.37mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 231.82kcal (11.59%), Fat: 5.36g (8.24%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 19.1g (6.95%), Sugar: 3.13g (3.48%), Cholesterol: 62.14mg (20.71%), Sodium: 654.47mg (28.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.45%), Vitamin B3: 10.14mg (50.72%), Selenium: 30.46µg (43.51%), Vitamin B6: 0.76mg (38.07%), Vitamin K: 33.7µg (32.09%), Vitamin A: 1538.69IU (30.77%), Phosphorus: 237.37mg (23.74%), Vitamin C: 12.29mg (14.89%), Potassium: 515.01mg (14.71%), Vitamin B5: 1.45mg (14.47%), Vitamin B2: 0.19mg (11.12%), Iron: 1.72mg (9.58%), Magnesium: 36.61mg (9.15%), Fiber: 2.02g (8.09%), Vitamin B1: 0.11mg (7.64%), Calcium: 75.1mg (7.51%), Vitamin E: 1mg (6.69%), Manganese: 0.13mg (6.62%), Copper: 0.11mg (5.52%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.24µg (3.99%), Folate: 12.93µg (3.23%)