



Chicken and Pastina Soup

READY IN



45 min.

SERVINGS



10

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz pasta uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup canned tomatoes with basil (from 28-oz can) organic crushed
- ☐ 0.5 cup carrots diced (1 medium)
- ☐ 0.5 cup celery diced (1 medium stalk)
- ☐ 64 oz chicken broth
- ☐ 1 bay leaves dried
- ☐ 2 cups mustard greens packed chopped
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.3 cup parmesan shredded
- ☐ 0.5 teaspoon sea salt
- ☐ 2 lb chicken breast boneless skinless

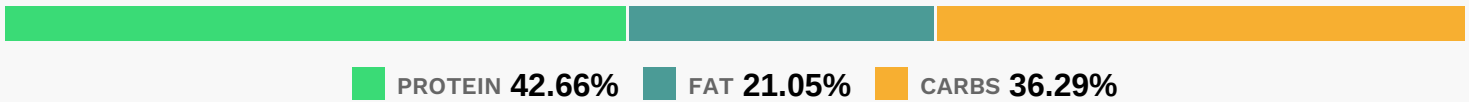
Equipment

- ☐ 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 (170F).
- ☐ 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:15.643913009892%

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: 237.26kcal (11.86%), Fat: 5.55g (8.54%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 19.5g (7.09%), Sugar: 3.52g (3.92%), Cholesterol: 63.96mg (21.32%), Sodium: 991.04mg (43.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Vitamin B3: 10.34mg (51.71%), Selenium: 30.82µg (44.03%), Vitamin B6: 0.76mg (38.07%), Vitamin K: 33.7µg (32.09%), Vitamin A: 1540.51IU (30.81%), Phosphorus: 241mg (24.1%), Potassium: 531.34mg (15.18%), Vitamin C: 12.29mg (14.89%), Vitamin B5: 1.46mg (14.55%), Vitamin B2: 0.24mg (14.27%), Iron: 1.79mg (9.93%), Magnesium: 37.52mg (9.38%), Vitamin B1: 0.13mg (8.91%), Manganese: 0.17mg (8.71%), Fiber: 2.02g (8.09%), Calcium: 78.73mg (7.87%), Vitamin E: 1.04mg (6.93%), Copper: 0.12mg (6.21%), Zinc: 0.88mg (5.83%), Vitamin B12: 0.26µg (4.3%), Folate: 12.93µg (3.23%)