



Chicken and Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets cut into small pieces
- 0.5 cup brown rice long-grain rinsed
- 2 tablespoons canola oil
- 2 carrots cut into 1/2-inch dice
- 1 cup cauliflower florets cut into small pieces
- 1 rib celery thinly sliced
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced

- 6 cups chicken broth low-sodium
- 1 large onion chopped
- 0.5 cup peas frozen thawed
- 6 servings salt and pepper
- 12 oz chicken breast halves boneless skinless cut into 1/2-inch dice

Equipment

- pot

Directions

- Bring a large pot of salted water to a boil.
- Add rice, cover, reduce heat and cook until tender, about 30 minutes.
- Drain and rinse under cold running water. Set aside.
- Warm oil in a large pot over medium-high heat.
- Add carrots, onion and celery and cook, stirring, until slightly softened, about 3 minutes.
- Add garlic; cook and stir 1 minute.
- Add chicken, then broth. Bring to a boil over high heat, then reduce to low. Simmer for about 10 minutes.
- Add cauliflower, broccoli and peas to soup. Stir in rice. Cook until vegetables are soft, about 10 minutes.
- Sprinkle with parsley; season with salt and pepper.
- Serve hot.

Nutrition Facts



PROTEIN 32.33% **FAT 30.03%** **CARBS 37.64%**

Properties

Glycemic Index:55.82, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:21.2152172949%

Flavonoids

Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 240.57kcal (12.03%), Fat: 8.22g (12.65%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 20.09g (7.3%), Sugar: 3.7g (4.11%), Cholesterol: 36.29mg (12.1%), Sodium: 362.8mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Vitamin A: 3743.62IU (74.87%), Vitamin B3: 10.53mg (52.67%), Vitamin K: 51.1µg (48.67%), Manganese: 0.79mg (39.38%), Vitamin C: 32.26mg (39.1%), Vitamin B6: 0.68mg (33.84%), Phosphorus: 279.57mg (27.96%), Selenium: 19.09µg (27.26%), Potassium: 710.75mg (20.31%), Magnesium: 55.89mg (13.97%), Vitamin B5: 1.37mg (13.66%), Fiber: 3.1g (12.44%), Vitamin B1: 0.18mg (12.09%), Copper: 0.24mg (11.98%), Vitamin B2: 0.2mg (11.89%), Folate: 45.4µg (11.35%), Iron: 1.57mg (8.71%), Zinc: 1.26mg (8.41%), Vitamin E: 1.24mg (8.26%), Vitamin B12: 0.35µg (5.82%), Calcium: 49.31mg (4.93%)