



## Chicken and Rice Soup II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound chicken breast halves diced boneless cooked
- ☐ 0.5 cup celery chopped
- ☐ 43.5 ounce chicken broth canned
- ☐ 1 tablespoon parsley dried
- ☐ 2 cups vegetables mixed frozen
- ☐ 2 teaspoons lemon and herb seasoning
- ☐ 0.8 cup converted rice long-grain white
- ☐ 0.5 cup water

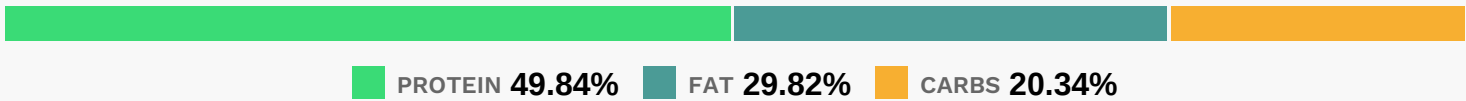
# Equipment

☐ slow cooker

# Directions

☐ Combine celery, chicken pieces, chicken broth, water, mixed vegetables, rice, parsley and herb seasoning in a slow cooker. Cover, and cook on low 6 to 8 hours. If soup is too thick, add more water to dilute and allow 15 minutes of additional cooking time.

# Nutrition Facts



# Properties

Glycemic Index:28.36, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:27.155652175779%

# Flavonoids

Apigenin: 15.25mg, Apigenin: 15.25mg, Apigenin: 15.25mg, Apigenin: 15.25mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 593.48kcal (29.67%), Fat: 19.13g (29.43%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 26.23g (9.54%), Sugar: 0.17g (0.19%), Cholesterol: 151.15mg (50.38%), Sodium: 1117.4mg (48.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.93g (143.87%), Selenium: 65.86µg (94.08%), Vitamin A: 3515.03IU (70.3%), Vitamin B3: 14.02mg (70.08%), Phosphorus: 540.14mg (54.01%), Vitamin B6: 1.06mg (53.2%), Zinc: 6.14mg (40.94%), Vitamin B12: 2.21µg (36.78%), Manganese: 0.54mg (26.87%), Potassium: 789.08mg (22.55%), Iron: 3.87mg (21.49%), Vitamin B2: 0.36mg (21.06%), Magnesium: 82.64mg (20.66%), Vitamin B5: 1.44mg (14.44%), Fiber: 3.12g (12.48%), Copper: 0.25mg (12.4%), Vitamin K: 12.99µg (12.37%), Vitamin C: 7.89mg (9.57%), Vitamin B1: 0.14mg (9.45%), Folate: 30.32µg (7.58%), Calcium: 64.91mg (6.49%), Vitamin E: 0.89mg (5.91%), Vitamin D: 0.28µg (1.87%)