



CHICKEN AND RICE SOUP (SOPA DE ARROZ CON POLLO)

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 1 chicken bouillon
- ☐ 8 chicken thighs
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 cup aliños sauce
- ☐ 0.5 cup peas
- ☐ 7 cups water

- ☐ 2 medium potatoes diced white
- ☐ 0.5 cup rice long grain white

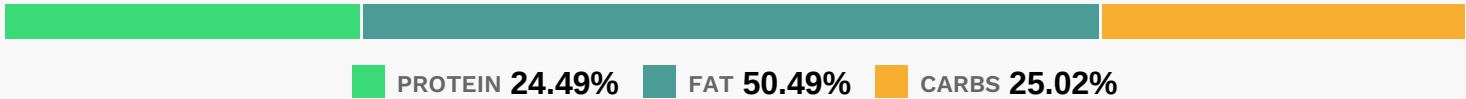
Equipment

- ☐ pot

Directions

- ☐ In a large pot place all the ingredients except the rice and cilantro. Bring to a boil and then reduce the heat to low and simmer for 45 minutes.
- ☐ Add the rice and continue simmering for 15– 20 minutes more or until the rice is tender.
- ☐ Remove the chicken from the pot, remove the skin and debone it, breaking the meat into bite sized pieces, and return the meat to the soup.Season with salt and pepper. Stir in the cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:15.47, Inflammation Score:-8, Nutrition Score:17.338695588319%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 456.21kcal (22.81%), Fat: 25.27g (38.87%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 25.73g (9.35%), Sugar: 3.93g (4.37%), Cholesterol: 147.65mg (49.22%), Sodium: 261.22mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.14%), Selenium: 30.91µg (44.15%), Vitamin B3: 8.21mg (41.03%), Vitamin A: 2038.05IU (40.76%), Vitamin B6: 0.75mg (37.27%), Phosphorus: 305.19mg (30.52%), Vitamin C: 16.81mg (20.37%), Vitamin B5: 1.9mg (19%), Potassium: 632.26mg (18.06%), Manganese: 0.35mg (17.31%), Zinc: 2.42mg (16.15%), Vitamin B12: 0.96µg (16.07%), Vitamin B2: 0.25mg (14.58%), Vitamin B1: 0.21mg (13.82%), Magnesium: 53.72mg (13.43%), Copper: 0.24mg (12.19%), Vitamin K: 10.73µg (10.22%), Iron: 1.8mg (9.98%), Fiber: 2.45g (9.81%), Folate: 25.12µg (6.28%), Calcium: 38.45mg (3.84%), Vitamin E: 0.44mg (2.95%)