



Chicken-and-Roasted Vegetable Chowder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 large carrots
- ☐ 2 celery stalks
- ☐ 16 ounce skinned and boned chicken breast halves
- ☐ 64 ounce chicken broth fat-free canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 3 tablespoons olive oil divided

- ☐ 1 medium onion
- ☐ 2 teaspoons pepper divided freshly ground
- ☐ 12 plum tomatoes
- ☐ 1.5 pounds potatoes red
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 1 pound turnips peeled

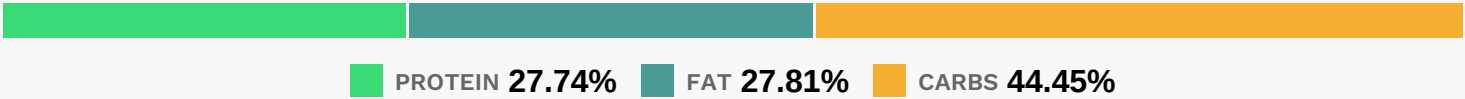
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Cut tomatoes in half lengthwise; place, skin side down, in a lightly greased 15- x 10-inch jellyroll pan.
- ☐ Sprinkle with 1/2 teaspoon pepper.
- ☐ Bake at 300 for 1 to 1 1/2 hours or until tender and lightly charred; cool.
- ☐ Cut into 1/4-inch pieces; set aside.
- ☐ Cut potatoes and next 3 ingredients into 1/2-inch pieces; drizzle with 2 tablespoons olive oil, tossing gently.
- ☐ Place in a jellyroll pan.
- ☐ Bake at 400, stirring occasionally, 30 minutes or until tender. Set aside.
- ☐ Cube chicken; chop celery and onion.
- ☐ Sprinkle chicken with 1 teaspoon pepper; saut in remaining 1 tablespoon oil in a large Dutch oven 5 minutes.
- ☐ Add celery, onion, and garlic, and saut 2 to 3 minutes.
- ☐ Add broth; cook over medium heat, stirring occasionally, until vegetables are tender.
- ☐ Add roasted vegetables, tomato paste, salt, and remaining 1/2 teaspoon pepper; cook, stirring often, until thoroughly heated. Stir in parsley and rosemary.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:15.46391306688%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 2.51mg, Apigenin: 2.51mg, Apigenin: 2.51mg, Apigenin: 2.51mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 147.68kcal (7.38%), Fat: 4.7g (7.24%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 13.71g (4.99%), Sugar: 5.47g (6.07%), Cholesterol: 22.33mg (7.44%), Sodium: 856.35mg (37.23%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.56g (21.12%), Vitamin A: 3397.11IU (67.94%), Vitamin C: 24.74mg (29.99%), Vitamin B3: 5.86mg (29.3%), Vitamin K: 30.63µg (29.17%), Vitamin B6: 0.51mg (25.68%), Selenium: 15.03µg (21.47%), Potassium: 731.2mg (20.89%), Manganese: 0.32mg (16.14%), Phosphorus: 158.89mg (15.89%), Fiber: 3.21g (12.84%), Copper: 0.21mg (10.66%), Vitamin B5: 1.04mg (10.4%), Magnesium: 38.99mg (9.75%), Vitamin B1: 0.14mg (9.17%), Folate: 34.57µg (8.64%), Vitamin E: 1.15mg (7.64%), Iron: 1.34mg (7.46%), Vitamin B2: 0.12mg (7.27%), Vitamin B12: 0.35µg (5.82%), Zinc: 0.71mg (4.75%), Calcium: 45.69mg (4.57%)