



Chicken and Vegetable Soup

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barley uncooked
- 3 carrots chopped
- 2 stalks celery chopped
- 2 chicken breasts diced
- 2 quarts chicken broth
- 1 clove garlic chopped
- 8 servings salt and ground pepper black to taste
- 4 leaves kale chopped

- 3 kohlrabi bulb diced green
- 1 leek chopped
- 2 cups spinach leaves fresh
- 3 turnips diced
- 1 cup water

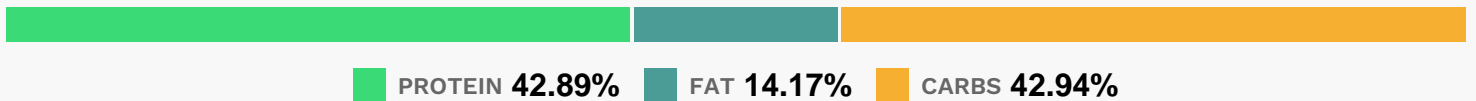
Equipment

- pot

Directions

- Combine chicken broth, water, chicken breast, kale, turnips, kohlrabi, spinach, celery, leek, carrots, garlic, and barley in a large pot; season with salt and pepper. Bring the soup to a boil, reduce heat to medium-low, and cook at a simmer until barley is cooked through but firm to the bite, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:45.73, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:23.566521680873%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 148.98kcal (7.45%), Fat: 2.42g (3.72%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 11.2g (4.07%), Sugar: 6g (6.66%), Cholesterol: 40.89mg (13.63%), Sodium: 1022.29mg (44.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.91%), Vitamin A: 5348.35IU (106.97%), Vitamin C: 55.52mg (67.29%), Vitamin K: 69.36µg (66.06%), Vitamin B3: 7.51mg (37.54%), Vitamin B6: 0.66mg (32.98%), Selenium: 22.26µg (31.81%), Manganese: 0.59mg (29.38%), Potassium: 744.93mg (21.28%), Fiber: 5.27g (21.07%), Phosphorus: 203.25mg (20.33%), Vitamin B2: 0.29mg (17.27%), Magnesium: 55.68mg (13.92%), Vitamin B1: 0.21mg

(13.75%), Folate: 52.27 μ g (13.07%), Copper: 0.24mg (11.89%), Vitamin B5: 1.14mg (11.43%), Iron: 1.57mg (8.74%), Calcium: 82.93mg (8.29%), Vitamin E: 0.99mg (6.59%), Zinc: 0.94mg (6.29%), Vitamin B12: 0.16 μ g (2.67%)