



Chicken and Vegetable Soup

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup carrots chopped
- ☐ 1 cup chicken breast shredded boneless skinless
- ☐ 1 tablespoon garlic fresh minced
- ☐ 5 ounces green beans cut into 1-inch pieces (1 cup)
- ☐ 3 cups beef broth fat-free
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped

- ☐ 0.5 cup orzo pasta (rice-shaped star-shaped uncooked (tiny pasta))
- ☐ 0.5 cup parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 1 thyme leaves

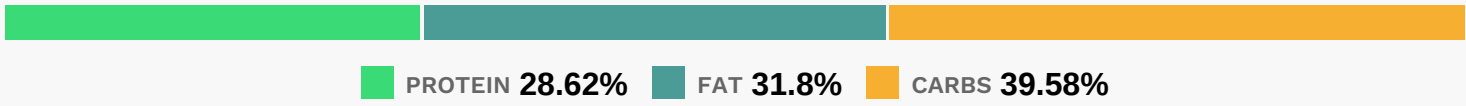
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and next 5 ingredients (through thyme) to pan; saut 4 minutes.
- ☐ Add broth and tomatoes; bring to a boil.
- ☐ Add pasta and beans; cook 5 minutes. Stir in chicken, and sprinkle with cheese. Discard thyme.

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:5.33, Inflammation Score:-9, Nutrition Score:10.652173931184%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 186.68kcal (9.33%), Fat: 6.61g (10.17%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 16.1g (5.85%), Sugar: 4.4g (4.89%), Cholesterol: 21.67mg (7.22%), Sodium: 595.84mg (25.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.77%), Vitamin A: 2301.1IU (46.02%), Selenium: 18.26µg (26.08%), Vitamin B3: 3.17mg (15.83%), Phosphorus: 156.88mg (15.69%), Vitamin B6: 0.31mg (15.51%), Calcium: 145.41mg (14.54%), Potassium: 499.59mg (14.27%), Vitamin K: 14.28µg (13.6%), Manganese: 0.27mg (13.37%), Fiber: 2.41g (9.64%), Vitamin C: 7.7mg (9.33%), Magnesium: 27.53mg (6.88%), Iron: 1.11mg (6.18%), Vitamin B2: 0.1mg (5.92%), Vitamin B5: 0.57mg (5.74%), Vitamin E: 0.76mg (5.06%), Vitamin B1: 0.07mg (4.81%), Folate: 18.87µg (4.72%), Zinc: 0.7mg (4.66%), Copper: 0.08mg (4.21%), Vitamin B12: 0.15µg (2.5%)