



Chicken and White Bean Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon smoked chopped
- 0.3 teaspoon pepper black
- 15 ounce beans white organic rinsed drained canned
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 2 cups beef broth fat-free
- 0.5 cup onion chopped
- 2 tablespoons oregano fresh chopped

- 0.7 cup orzo pasta (rice-shaped uncooked)
- 1 cup plum tomatoes chopped
- 0.3 teaspoon salt
- 12 ounces chicken thighs boneless skinless trimmed cut into 2-inch pieces
- 2 cups water
- 1 tablespoon citrus champagne vinegar

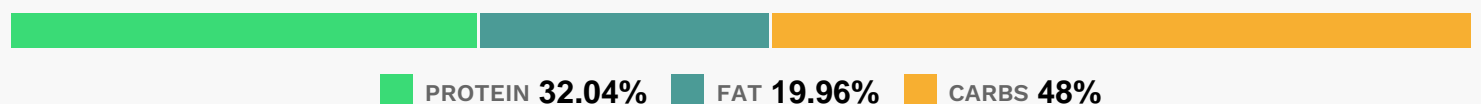
Equipment

- frying pan
- sauce pan

Directions

- Cook bacon in a large saucepan over medium heat 7 minutes or until crisp.
- Remove bacon from pan, reserving drippings in pan; set bacon aside.
- Add chicken to drippings in pan; saut 6 minutes.
- Remove chicken from pan.
- Add onion and garlic to pan; cook 4 minutes or until tender.
- Add tomato, oregano, and pepper; cook for 1 minute, stirring constantly. Return bacon and chicken to pan. Stir in 2 cups water and broth, scraping pan to loosen browned bits. Bring to a boil.
- Add orzo, and cook for 9 minutes or until al dente.
- Add beans; cook 2 minutes or until heated.
- Remove from heat; stir in parsley, vinegar, and salt.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:24.805217329575%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 396.66kcal (19.83%), Fat: 8.82g (13.56%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 39.57g (14.39%), Sugar: 3.51g (3.9%), Cholesterol: 88.06mg (29.35%), Sodium: 532.54mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.68%), Selenium: 39.26µg (56.09%), Vitamin K: 58.89µg (56.08%), Manganese: 1.04mg (52.17%), Potassium: 1226.67mg (35.05%), Phosphorus: 345.37mg (34.54%), Fiber: 8.13g (32.51%), Vitamin B6: 0.63mg (31.59%), Vitamin B3: 6.26mg (31.3%), Iron: 5.52mg (30.65%), Magnesium: 106.34mg (26.59%), Folate: 98.68µg (24.67%), Copper: 0.46mg (22.8%), Zinc: 3.21mg (21.42%), Vitamin B1: 0.27mg (18.02%), Vitamin C: 12.55mg (15.22%), Vitamin B5: 1.5mg (15.01%), Calcium: 150.04mg (15%), Vitamin A: 729.33IU (14.59%), Vitamin B2: 0.25mg (14.51%), Vitamin E: 1.86mg (12.43%), Vitamin B12: 0.6µg (9.99%)