



Chicken Apple Soup

READY IN



55 min.

SERVINGS



5

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 macintosh apple diced cored
- ☐ 1 bay leaf
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 64 ounce cartons chicken broth
- ☐ 0.5 onion diced
- ☐ 2 cups orzo pasta
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 rotisserie chicken cut cooked chopped

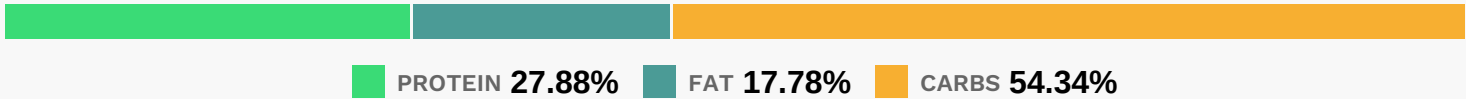
Equipment

☐ pot

Directions

- ☐ Combine chicken broth, chicken, carrots, apple, onion, celery, Parmesan cheese, and bay leaf together in a large pot. Bring to a boil, reduce heat to medium-low, and simmer until vegetables are soft, about 30 minutes.
- ☐ Stir orzo into broth mixture. Cook, stirring occasionally, until orzo is cooked through but firm to the bite, about 11 minutes.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:20.42, Inflammation Score:-10, Nutrition Score:15.440869462879%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 411.12kcal (20.56%), Fat: 8.12g (12.5%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 51.98g (18.9%), Sugar: 8.78g (9.75%), Cholesterol: 69.21mg (23.07%), Sodium: 1672.11mg (72.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.3%), Vitamin A: 4393.71IU (87.87%), Selenium: 41.24µg (58.92%), Manganese: 0.8mg (39.85%), Phosphorus: 178.22mg (17.82%), Vitamin B2: 0.3mg (17.67%), Fiber: 3.86g (15.46%), Copper: 0.26mg (12.95%), Magnesium: 44.31mg (11.08%), Vitamin B1: 0.16mg (10.79%), Vitamin B3: 2.15mg (10.74%), Potassium: 371.61mg (10.62%), Zinc: 1.43mg (9.5%), Calcium: 88.68mg (8.87%), Vitamin B6: 0.16mg (8.03%), Vitamin K: 7.33µg (6.98%), Iron: 1.23mg (6.83%), Folate: 22.82µg (5.7%), Vitamin C: 4.32mg (5.24%),

Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.5mg (3.34%), Vitamin B12: 0.14µg (2.33%)