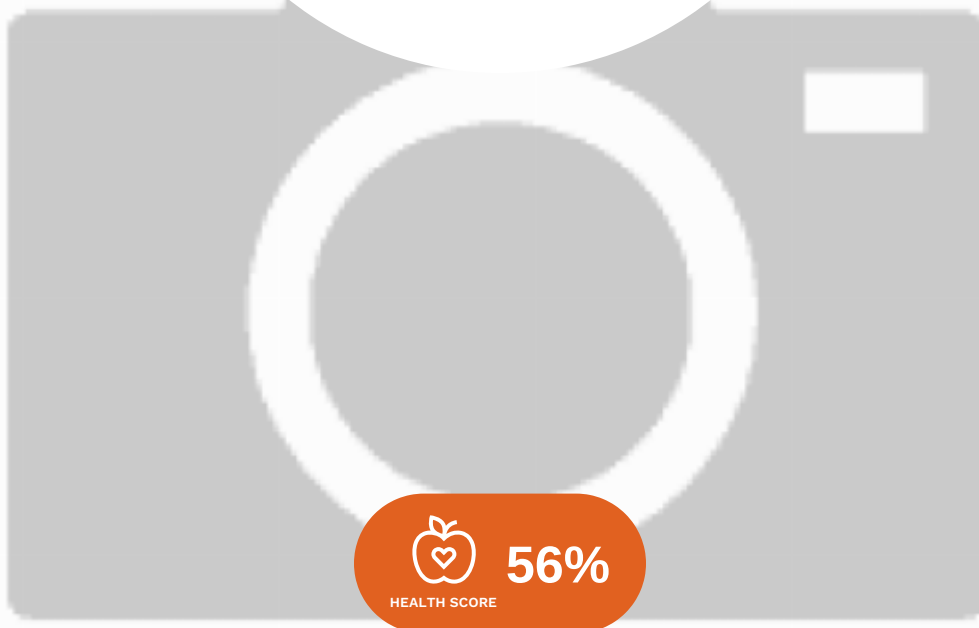




Chicken Barley Soup with Sweet Potato

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups barley
- ☐ 3 cups carrots sliced
- ☐ 0.5 cup celery diced
- ☐ 3 cups chicken breast diced cooked
- ☐ 2.5 quarts chicken stock see
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 16 servings salt and ground pepper black to taste

- ☐ 2 teaspoons olive oil
- ☐ 1 onion diced spanish
- ☐ 2 parsnips diced
- ☐ 4 large sweet potatoes diced peeled

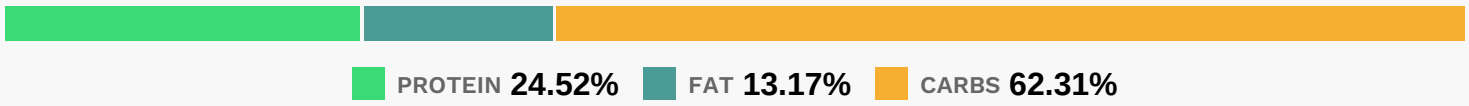
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a large heavy stockpot over medium heat; cook and stir onion, celery, and garlic in hot oil until onion is slightly tender, about 8 minutes.
- ☐ Stir chicken stock, chicken, carrots, parsnips, and barley into onion mixture; bring to a boil. Reduce heat and simmer until barley is slightly tender, about 30 minutes.
- ☐ Stir sweet potatoes into soup and simmer until sweet potatoes and barley are tender, about 30 minutes; season with dill, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:20.55, Glycemic Load:13.66, Inflammation Score:-10, Nutrition Score:19.067826008667%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 254.24kcal (12.71%), Fat: 3.74g (5.75%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 32.86g (11.95%), Sugar: 8.41g (9.35%), Cholesterol: 26.75mg (8.92%), Sodium: 301.67mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.3%), Vitamin A: 16209.77IU (324.2%), Vitamin B3: 7.49mg (37.44%), Manganese: 0.7mg (34.94%), Fiber: 6.89g (27.57%), Vitamin B6: 0.54mg (27.11%), Selenium:

16.93µg (24.19%), Potassium: 756.02mg (21.6%), Phosphorus: 204.57mg (20.46%), Vitamin B1: 0.27mg (17.9%),
Copper: 0.34mg (16.78%), Vitamin B2: 0.28mg (16.52%), Magnesium: 64.55mg (16.14%), Vitamin B5: 1.18mg (11.82%),
Vitamin C: 9.08mg (11%), Iron: 1.95mg (10.81%), Folate: 42.75µg (10.69%), Vitamin K: 11.17µg (10.64%), Zinc: 1.33mg
(8.88%), Vitamin E: 0.95mg (6.32%), Calcium: 60.88mg (6.09%), Vitamin B12: 0.09µg (1.49%)