



Chicken-Cabbage Soup



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



20

CALORIES



73 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 lb cabbage shredded
- ☐ 16 oz tomato sauce canned
- ☐ 2 rib celery chopped
- ☐ 1 extra large chicken bouillon cube
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 32 oz sacramento tomato juice canned
- ☐ 1.5 tablespoons vegetable oil
- ☐ 0.5 cup white wine

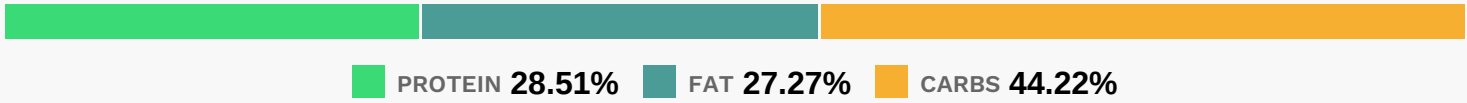
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onion and celery in hot oil in a large Dutch oven over medium–high heat 5 minutes. Stir in wine, next 4 ingredients, and 4 cups water; bring to a boil.
- ☐ Stir in cabbage. Cover, reduce heat to low, and simmer 45 minutes.
- ☐ Add chicken, salt, and pepper. Simmer, covered, 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:8.2260869041733%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 72.54kcal (3.63%), Fat: 2.23g (3.42%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.67g (5.19%), Cholesterol: 10.53mg (3.51%), Sodium: 292.66mg (12.72%), Alcohol: 0.62g (100%), Alcohol %: 0.55% (100%), Protein: 5.24g (10.47%), Vitamin K: 39.55µg (37.67%), Vitamin C: 22.92mg (27.79%), Vitamin B6: 0.22mg (10.88%), Manganese: 0.21mg (10.33%), Vitamin B3: 2.01mg (10.05%), Fiber: 2.48g (9.94%), Potassium: 327.09mg (9.35%), Folate: 29.77µg (7.44%), Vitamin E: 1.05mg (6.99%), Iron: 1.23mg

(6.86%), Copper: 0.13mg (6.5%), Phosphorus: 63.31mg (6.33%), Selenium: 4.11µg (5.87%), Magnesium: 22.47mg (5.62%), Vitamin B1: 0.08mg (5.34%), Vitamin A: 246.79IU (4.94%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.44mg (4.43%), Calcium: 41.42mg (4.14%), Zinc: 0.49mg (3.27%)