



Chicken Club Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted ripe peeled chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 2 bacon crumbled cooked
- ☐ 2 cups chicken breast cooked chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2.5 cups lower-sodium chicken broth fat-free

- ☐ 1 tablespoon olive oil divided
- ☐ 1.3 cups plum tomatoes chopped
- ☐ 1 cup onion red sliced
- ☐ 2.5 ounces sourdough wheat bread cubed
- ☐ 2 teaspoons thyme leaves chopped
- ☐ 1.5 cups water

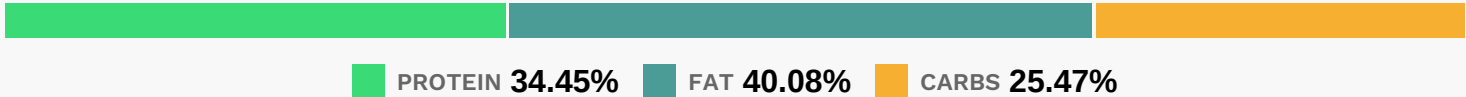
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine cubed sourdough wheat bread and 1 minced garlic clove; drizzle with 1 1/2 teaspoons olive oil. Toss.
- ☐ Spread bread in a single layer on a baking sheet.
- ☐ Bake at 375 for 8 minutes or until toasted, stirring once.
- ☐ Heat a saucepan over medium heat.
- ☐ Add 1 tablespoon olive oil.
- ☐ Add onion and 1 minced garlic clove; saut 2 minutes. Stir in chicken broth, chicken, water, tomato, lemon juice, thyme, and pepper. Bring to a simmer. Cook 5 minutes. Ladle about 1 1/2 cups soup into each of 4 bowls.
- ☐ Sprinkle with croutons, green onions, bacon, and avocado.

Nutrition Facts



Properties

Glycemic Index:81.13, Glycemic Load:9.36, Inflammation Score:-9, Nutrition Score:20.471739159978%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 340.4kcal (17.02%), Fat: 15.48g (23.81%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 16.29g (5.93%), Sugar: 5.31g (5.9%), Cholesterol: 63.46mg (21.15%), Sodium: 515.9mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.87%), Vitamin B3: 12.34mg (61.69%), Selenium: 26.99µg (38.56%), Vitamin B6: 0.72mg (36.13%), Vitamin K: 37.06µg (35.29%), Vitamin C: 25.09mg (30.42%), Potassium: 1052.09mg (30.06%), Phosphorus: 256.67mg (25.67%), Fiber: 5.84g (23.36%), Folate: 92.07µg (23.02%), Manganese: 0.39mg (19.72%), Vitamin B1: 0.29mg (19.14%), Vitamin A: 879.75IU (17.59%), Vitamin B5: 1.62mg (16.25%), Vitamin B2: 0.27mg (15.86%), Vitamin E: 2.28mg (15.21%), Magnesium: 59.68mg (14.92%), Iron: 2.39mg (13.29%), Copper: 0.26mg (12.82%), Zinc: 1.61mg (10.7%), Calcium: 58.93mg (5.89%), Vitamin B12: 0.28µg (4.69%)