



WHATSheATE



Chicken Creole Soup



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup onion coarsely chopped
- ☐ 1 cup celery stalks coarsely chopped
- ☐ 1 cup bell pepper green coarsely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 2.5 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 32 oz chicken broth reduced-sodium (4 cups)

- ☐ 29 oz tomatoes diced undrained canned
- ☐ 2 cups water
- ☐ 1 cup rice long-grain uncooked
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 bay leaves dried

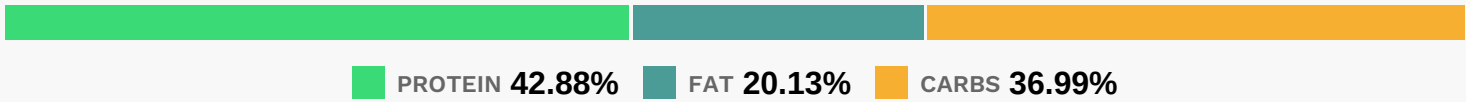
Equipment

- ☐ dutch oven

Directions

- ☐ In 5- to 6-quart Dutch oven, melt butter over medium-high heat.
- ☐ Add onions, celery, bell pepper, garlic and chicken; cook 7 to 9 minutes, stirring frequently, until onion is softened.
- ☐ Stir in flour. Cook 5 to 6 minutes, stirring constantly, until flour is light brown.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling. Reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until rice is tender and chicken is no longer pink in center.
- ☐ Remove bay leaves.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:13.88, Inflammation Score:-6, Nutrition Score:21.943043436693%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 324.54kcal (16.23%), Fat: 7.14g (10.99%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.19g (9.89%), Sugar: 4.45g (4.94%), Cholesterol: 92.99mg (31%), Sodium: 1071.58mg (46.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.23g (68.46%), Vitamin B3: 16.53mg (82.65%), Selenium: 51µg (72.85%), Vitamin B6: 1.3mg (65.1%), Phosphorus: 367.26mg (36.73%), Vitamin C: 28.4mg (34.43%), Manganese: 0.51mg (25.45%), Potassium: 869.4mg (24.84%), Vitamin B5: 2.48mg (24.84%), Vitamin B2: 0.32mg (18.61%), Magnesium: 62.2mg (15.55%), Vitamin B1: 0.23mg (15.48%), Iron: 2.13mg (11.82%), Copper: 0.22mg (10.97%), Zinc: 1.42mg (9.45%), Fiber: 2.33g (9.33%), Vitamin A: 443.84IU (8.88%), Vitamin E: 1.28mg (8.51%), Folate: 33.27µg (8.32%), Vitamin K: 8.52µg (8.11%), Calcium: 66.72mg (6.67%), Vitamin B12: 0.31µg (5.16%)