



Chicken Divan Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce broccoli frozen thawed chopped
- 8 ounce mushrooms drained sliced canned
- 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- 1 cup rice long-grain cooked
- 12 ounce evaporated milk fat-free canned
- 14 ounce less-sodium chicken broth fat-free canned
- 2 garlic cloves minced
- 0.8 cup onion chopped

- 0.5 teaspoon pepper
- 0.3 teaspoon salt
- 1.3 pounds chicken breasts boneless skinless cut into bite-size pieces

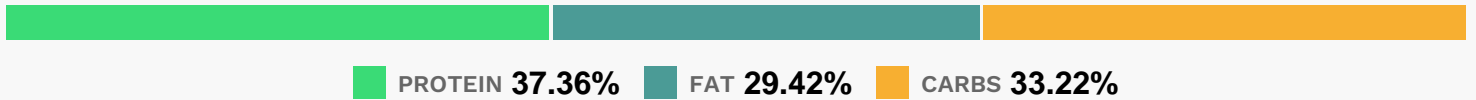
Equipment

- dutch oven

Directions

- Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add chicken, onion, and garlic; saut until onion is tender.
- Add rice and remaining ingredients, stirring well. Bring to a boil; cover, reduce heat, and simmer 15 minutes.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:11.04, Inflammation Score:-8, Nutrition Score:26.930434921513%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 311.93kcal (15.6%), Fat: 10.27g (15.8%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 22.71g (8.26%), Sugar: 9.11g (10.12%), Cholesterol: 80.99mg (27%), Sodium: 1080.59mg (46.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.67%), Vitamin C: 71.49mg (86.65%), Vitamin K: 80.09µg (76.28%), Vitamin B3: 11.76mg (58.79%), Selenium: 39.63µg (56.61%), Vitamin B6: 0.96mg (48.11%), Phosphorus: 430.33mg (43.03%), Vitamin B5: 2.76mg (27.61%), Potassium: 898.49mg (25.67%), Vitamin B2: 0.42mg (24.56%), Manganese: 0.44mg (21.95%), Calcium: 212mg (21.2%), Magnesium: 68.11mg (17.03%), Folate: 66.8µg (16.7%), Vitamin A: 728.69IU (14.57%), Fiber: 3.38g (13.53%), Copper: 0.27mg (13.46%), Vitamin B1: 0.2mg (13.39%), Zinc: 1.9mg (12.69%), Iron: 2.07mg (11.49%), Vitamin E: 1.16mg (7.7%), Vitamin B12: 0.41µg (6.87%), Vitamin D: 0.23µg (1.51%)