



Chicken Florentine Soup

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 0.5 cup ditalini pasta tube-shaped uncooked (very short macaroni)
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons commercial pesto
- ☐ 1.3 pounds chicken thighs boneless skinless chopped
- ☐ 1 cup water

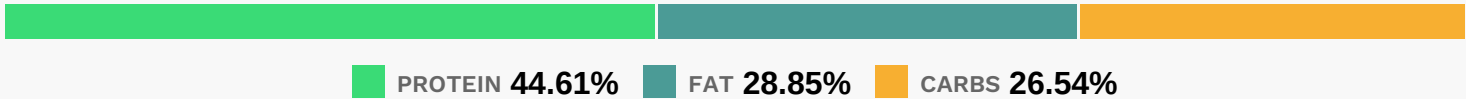
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat. Set aside.
- ☐ While pasta cooks, combine chicken, broth, and water in a large Dutch oven. Cover and bring to a boil. Reduce heat, and simmer 3 minutes or until chicken is cooked.
- ☐ Remove chicken with a slotted spoon; keep warm. Stir in tomatoes; cook 1 minute or until thoroughly heated. Stir in spinach; cook 2 minutes or until spinach wilts.
- ☐ Add cooked chicken and pasta to pan; cook 1 minute or until thoroughly heated. Stir in pesto and pepper. Ladle soup evenly into 6 bowls, and sprinkle with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.54, Inflammation Score:-9, Nutrition Score:22.276521848596%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 197.46kcal (9.87%), Fat: 6.36g (9.79%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 10.86g (3.95%), Sugar: 3.7g (4.11%), Cholesterol: 90.17mg (30.06%), Sodium: 710.41mg (30.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.27%), Vitamin K: 143.44µg (136.61%), Vitamin A: 2929.57IU (58.59%), Selenium: 30.08µg (42.97%), Vitamin B3: 7.1mg (35.52%), Vitamin B6: 0.61mg (30.36%), Manganese: 0.5mg (24.91%), Phosphorus: 241.68mg (24.17%), Potassium: 645.12mg (18.43%), Folate: 70.41µg

(17.6%), Vitamin C: 14.27mg (17.3%), Vitamin B2: 0.29mg (16.81%), Magnesium: 64.14mg (16.04%), Vitamin B5: 1.52mg (15.18%), Iron: 2.72mg (15.14%), Vitamin B12: 0.83µg (13.86%), Copper: 0.27mg (13.47%), Zinc: 1.92mg (12.82%), Vitamin B1: 0.17mg (11.63%), Vitamin E: 1.61mg (10.75%), Fiber: 2.31g (9.23%), Calcium: 75.84mg (7.58%)