



Chicken, Kale, and Quinoa Soup

 **Gluten Free**  **Dairy Free**

READY IN



59 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black divided freshly ground
- 0.8 cup carrots chopped
- 6 cups chicken stock see unsalted
- 6 garlic cloves minced
- 6 cups kale chopped
- 1 teaspoon kosher salt divided
- 1.5 cups onion chopped

- 0.7 cup quinoa uncooked
- 1 pound chicken thighs boneless skinless cut into 3/4-inch pieces
- 4 slices center-cut bacon
- 2 teaspoons thyme leaves

Equipment

- bowl
- frying pan
- ladle
- sieve
- dutch oven

Directions

- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove bacon from pan, reserving drippings. Crumble bacon; set aside.
- Increase heat to medium-high.
- Add onion, carrot, and 1/4 teaspoon salt to drippings in pan; saut 5 minutes, stirring occasionally.
- Add garlic; saut 2 minutes.
- Remove mixture from pan.
- Coat pan with cooking spray.
- Add chicken to pan; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Saut 6 minutes or until chicken is browned and done. Stir in onion mixture, chicken stock, bay leaves, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper; bring to a boil.
- Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- Drain well.
- Add quinoa to pan; cover and simmer 15 minutes.
- Add kale and thyme to pan; simmer, uncovered, 5 minutes or until kale is tender. Discard bay leaves. Ladle soup into bowls; sprinkle with bacon.

Nutrition Facts

PROTEIN 31.29% FAT 35.44% CARBS 33.27%

Properties

Glycemic Index:35.47, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:26.916086888624%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg

Nutrients (% of daily need)

Calories: 342.61kcal (17.13%), Fat: 13.38g (20.59%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 24.74g (9%), Sugar: 6.45g (7.16%), Cholesterol: 88.7mg (29.57%), Sodium: 920.48mg (40.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.58g (53.15%), Vitamin A: 4839.99IU (96.8%), Vitamin K: 87.17µg (83.02%), Vitamin B3: 9.38mg (46.89%), Selenium: 27.76µg (39.66%), Vitamin B6: 0.76mg (37.77%), Manganese: 0.7mg (34.86%), Phosphorus: 347.96mg (34.8%), Vitamin C: 26.02mg (31.54%), Vitamin B2: 0.51mg (29.98%), Potassium: 773.84mg (22.11%), Vitamin B1: 0.32mg (21.31%), Magnesium: 80.96mg (20.24%), Folate: 73.92µg (18.48%), Copper: 0.34mg (16.94%), Zinc: 2.48mg (16.55%), Iron: 2.7mg (15.01%), Fiber: 3.52g (14.07%), Vitamin B5: 1.27mg (12.69%), Calcium: 100.82mg (10.08%), Vitamin B12: 0.56µg (9.29%), Vitamin E: 0.99mg (6.59%)