



Chicken, Linguisa, and Vegetable Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cabbage thinly sliced
- 1.5 cups carrots thinly sliced
- 2 cups celery thinly sliced
- 2 quarts fat-skimmed chicken broth
- 0.3 cup mint leaves fresh finely chopped
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 2 onions peeled thinly sliced ()

- 10 oz peas frozen
- 0.5 pound roma tomatoes diced cored rinsed
- 8 servings salt and pepper
- 0.8 pound linguisa sausage
- 6 boned (1 lb. total)

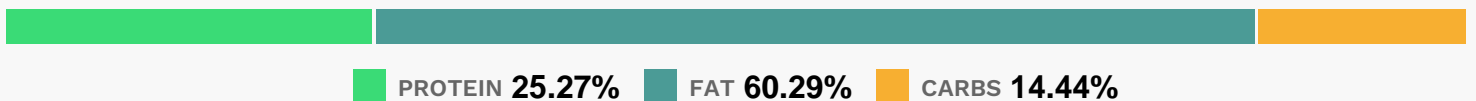
Equipment

- bowl
- frying pan
- slotted spoon
- pressure cooker

Directions

- Rinse chicken and cut into 1-inch cubes.
- Cut linguisa into 1/2-inch slices.
- In a 6-quart pressure cooker over high heat, stir linguisa until lightly browned, about 5 minutes. With a slotted spoon, transfer to a bowl.
- Discard all but 1 tablespoon fat from pan.
- Add onions, carrots, and celery. Stir occasionally until onions are limp, about 5 minutes.
- Add broth, chicken, linguisa with juices, tomatoes, cabbage, and lemon peel.
- Seal cooker. Following manufacturer's instructions, bring to maximum pressure (15 lb.); adjust heat to stabilize cooking rate. Cook 10 minutes. Release pressure quickly, running cold water over pan.
- Open pan, add peas, lemon juice, and mint. Stir occasionally over high heat until simmering.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:3.35, Inflammation Score:-10, Nutrition Score:23.173043230306%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 389.56kcal (19.48%), Fat: 26.14g (40.21%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 9.55g (3.47%), Sugar: 6.46g (7.18%), Cholesterol: 113.67mg (37.89%), Sodium: 1542mg (67.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.29%), Vitamin A: 4825.87IU (96.52%), Vitamin B3: 8.59mg (42.96%), Vitamin C: 32.09mg (38.9%), Vitamin K: 36.95µg (35.19%), Vitamin B6: 0.65mg (32.42%), Selenium: 22.01µg (31.45%), Phosphorus: 291.25mg (29.12%), Vitamin B1: 0.35mg (23.23%), Vitamin B12: 1.38µg (22.95%), Potassium: 733.08mg (20.95%), Vitamin B2: 0.31mg (18.49%), Manganese: 0.37mg (18.32%), Fiber: 4.53g (18.14%), Zinc: 2.71mg (18.07%), Vitamin B5: 1.71mg (17.05%), Folate: 62.31µg (15.58%), Iron: 2.33mg (12.97%), Magnesium: 51.62mg (12.91%), Copper: 0.24mg (11.82%), Calcium: 68.46mg (6.85%), Vitamin E: 0.73mg (4.84%), Vitamin D: 0.64µg (4.25%)