



Chicken Noodle Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz bowtie pasta uncooked
- 15 oz canned tomatoes diced canned
- 64 oz chicken broth canned
- 0.5 garlic powder
- 32 oz okra mixed red frozen
- 8 servings salt and pepper to taste
- 2 pounds chicken breasts boneless skinless cut into 1-inch cubes

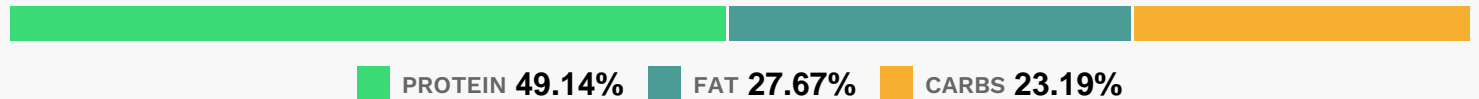
Equipment

pot

Directions

- Place chicken, broth and tomatoes in a large soup pot. Bring to a boil over medium heat. Reduce heat; simmer 10 minutes.
- Add frozen vegetables, uncooked pasta and seasonings. Return to a boil. Cover and simmer one hour.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:14.43, Inflammation Score:-10, Nutrition Score:36.849130630493%

Nutrients (% of daily need)

Calories: 743.81kcal (37.19%), Fat: 22.47g (34.58%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 35.93g (13.07%), Sugar: 3.1g (3.44%), Cholesterol: 185.97mg (61.99%), Sodium: 1543.69mg (67.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.81g (179.62%), Selenium: 96.72µg (138.18%), Vitamin A: 6308.09IU (126.16%), Vitamin B3: 19.82mg (99.11%), Vitamin B6: 1.51mg (75.51%), Phosphorus: 722.89mg (72.29%), Zinc: 7.38mg (49.22%), Vitamin B12: 2.49µg (41.58%), Potassium: 1226.73mg (35.05%), Manganese: 0.65mg (32.6%), Magnesium: 125.5mg (31.37%), Iron: 5.51mg (30.61%), Vitamin B2: 0.48mg (28.31%), Fiber: 6.46g (25.83%), Vitamin C: 18.05mg (21.87%), Copper: 0.43mg (21.46%), Vitamin B5: 2.07mg (20.71%), Vitamin B1: 0.28mg (18.44%), Folate: 54µg (13.5%), Vitamin E: 1.64mg (10.91%), Calcium: 89.97mg (9%), Vitamin K: 8.29µg (7.89%), Vitamin D: 0.34µg (2.27%)