



Chicken-Orzo Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 0.1 teaspoon pepper black
- ☐ 0.7 cup carrots coarsely chopped
- ☐ 0.5 cup celery coarsely chopped
- ☐ 32 ounce fat-skimmed beef broth fat-free divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 cup orzo pasta uncooked
- ☐ 3 parsley fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound chicken breast boneless skinless cut into 1/2-inch cubes
- ☐ 1 thyme sprigs fresh
- ☐ 1.3 cups water

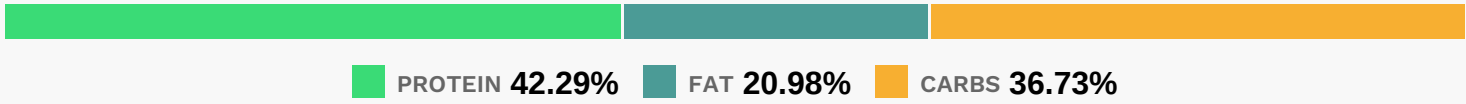
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 1 3/4 cups broth to a boil in a medium saucepan.
- ☐ Add orzo; cook 10 minutes or until done.
- ☐ Drain.
- ☐ While orzo cooks, heat a large saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add carrot, celery, onion, and chicken; cook 3 minutes, stirring constantly. Stir in remaining 2 1/4 cups broth, 1 1/4 cups water, parsley, and thyme; bring to a boil. Reduce heat; cover and simmer 10 minutes or until vegetables are tender. Discard herb sprigs.
- ☐ Add orzo, spinach, juice, salt, and pepper; simmer 1 minute.

Nutrition Facts



Properties

Glycemic Index:72.21, Glycemic Load:6.94, Inflammation Score:-10, Nutrition Score:25.866521744624%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 1.99mg, Apigenin: 1.99mg, Apigenin: 1.99mg, Apigenin: 1.99mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 220.19kcal (11.01%), Fat: 5.1g (7.85%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 17.61g (6.41%), Sugar: 3.1g (3.44%), Cholesterol: 54.43mg (18.14%), Sodium: 1226.27mg (53.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.29%), Vitamin K: 165.29µg (157.42%), Vitamin A: 6535.27IU (130.71%), Selenium: 44.53µg (63.62%), Vitamin B3: 10.96mg (54.82%), Vitamin B6: 0.82mg (41.01%), Manganese: 0.56mg (28.12%), Phosphorus: 271.08mg (27.11%), Potassium: 732.64mg (20.93%), Folate: 81.66µg (20.41%), Vitamin C: 15.43mg (18.7%), Vitamin B5: 1.71mg (17.08%), Magnesium: 65.82mg (16.45%), Vitamin B2: 0.23mg (13.42%), Iron: 1.93mg (10.73%), Vitamin B12: 0.62µg (10.39%), Fiber: 2.49g (9.94%), Copper: 0.2mg (9.85%), Vitamin B1: 0.14mg (9.22%), Vitamin E: 1.27mg (8.47%), Zinc: 1.09mg (7.24%), Calcium: 68.53mg (6.85%)