



Chicken Pasta Soup

 Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce prechopped celery refrigerated
- ☐ 7 cups less-sodium chicken broth fat-free
- ☐ 1 cup rotini whole wheat uncooked (corkscrew pasta)
- ☐ 12 ounce chicken breasts boneless skinless cut into bite-sized pieces

Equipment

- ☐ frying pan

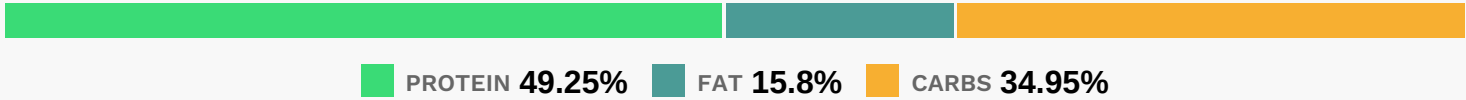
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dutch oven

Directions

- ☐ Heat a Dutch oven over medium–high heat. Coat pan with cooking spray.
- ☐ Add chicken and next 3 ingredients; cook 6 minutes or until chicken begins to brown and vegetables are tender, stirring frequently.
- ☐ Add broth; bring to a boil.
- ☐ Add pasta, reduce heat to medium, and cook 8 minutes or until pasta is done.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:3.18, Inflammation Score:-9, Nutrition Score:13.441739128984%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 125.3kcal (6.26%), Fat: 2.16g (3.33%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 9.21g (3.35%), Sugar: 2.19g (2.43%), Cholesterol: 36.29mg (12.1%), Sodium: 1196.44mg (52.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.35%), Vitamin A: 3129.05IU (62.58%), Selenium: 30.64µg (43.77%), Vitamin B3: 7.8mg (39.01%), Vitamin B6: 0.53mg (26.33%), Phosphorus: 182.28mg (18.23%), Vitamin B5: 1.35mg (13.49%), Potassium: 461.48mg (13.19%), Vitamin K: 13.34µg (12.71%), Vitamin B12: 0.64µg (10.72%), Manganese: 0.21mg (10.56%), Vitamin B2: 0.15mg (8.69%), Magnesium: 29.12mg (7.28%), Folate: 26.1µg (6.52%), Copper: 0.13mg (6.51%), Fiber: 1.56g (6.26%), Iron: 0.98mg (5.47%), Vitamin B1: 0.08mg (5.22%), Zinc: 0.61mg (4.06%), Calcium: 37.84mg (3.78%), Vitamin C: 2.41mg (2.92%), Vitamin E: 0.22mg (1.48%)