



Chicken Pasta Soup

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons butter
- 42 oz fat-skimmed beef broth fat-free 33% with less sodium canned
- 8 oz mushrooms fresh sliced (3 cups)
- 1 teaspoon seasoning italian
- 4 oz shells uncooked
- 0.5 cup bell pepper red chopped
- 3 chicken breast boneless skinless cut into thin strips
- 1 cup to 3 sized squashes yellow sliced

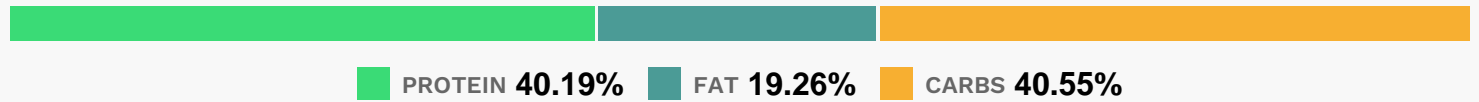
Equipment

- sauce pan
- dutch oven

Directions

- In 4-quart nonstick saucepan or Dutch oven, heat butter over medium heat until hot. Cook chicken and mushrooms in butter, stirring occasionally, until chicken is no longer pink. Stir in remaining ingredients.
- Heat to boiling.
- Reduce heat to low; simmer 10 to 13 minutes or until pasta is tender.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:6.24, Inflammation Score:-5, Nutrition Score:14.029130515845%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 169.89kcal (8.49%), Fat: 3.64g (5.6%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.65g (5.69%), Sugar: 2.5g (2.78%), Cholesterol: 36.16mg (12.05%), Sodium: 896.88mg (38.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.19%), Selenium: 37.97µg (54.24%), Vitamin B3: 8.92mg (44.58%), Vitamin B6: 0.6mg (29.9%), Vitamin C: 20.58mg (24.94%), Phosphorus: 219.97mg (22%), Vitamin B2: 0.3mg (17.71%), Vitamin B5: 1.76mg (17.64%), Potassium: 511.37mg (14.61%), Manganese: 0.28mg (14.24%), Copper: 0.24mg (12.08%), Vitamin A: 508.67IU (10.17%), Magnesium: 35.73mg (8.93%), Vitamin B12: 0.53µg (8.78%), Vitamin B1: 0.11mg (7.61%), Folate: 26.05µg (6.51%), Iron: 1.16mg (6.46%), Fiber: 1.59g (6.37%), Zinc: 0.93mg (6.17%), Vitamin K: 3.38µg (3.22%), Vitamin E: 0.46mg (3.09%), Calcium: 25.38mg (2.54%)