



Chicken Pot Pie Soup

READY IN



35 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots cooked sliced
- ☐ 2 tablespoons chicken soup base
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.3 cup flour (I use more because I like it thicker)
- ☐ 0.1 teaspoon garlic powder (I use dehydrated garlic and I use 1-)
- ☐ 1 cup peas green cooked
- ☐ 6 tablespoons butter
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 2 cups potatoes cubed cooked
- ☐ 4 cups milk whole

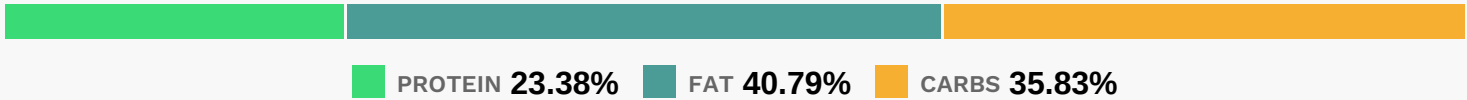
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To begin, all ingredients should start out cooked (this helps prevent cream base from scorching).2 In sauce pan melt margarine or butter.3 Blend in flour, chicken bouillon, garlic and pepper.4 Cook until mixture is smooth and bubbly; gradually add milk.5 Cook and stir over medium heat till mixture boils, simmer one minute, stirring constantly.6
- ☐ Add chicken and then each vegetable one at a time carefully so as not to break up other ingredients.7
- ☐ Serve in bread bowls or over cornbread.8 NOTE: Cook time does not include time for individual ingredients, soup only.

Nutrition Facts



Properties

Glycemic Index:78.48, Glycemic Load:21.82, Inflammation Score:-10, Nutrition Score:29.749565041584%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 541.92kcal (27.1%), Fat: 24.57g (37.8%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 42.78g (15.56%), Sugar: 16.99g (18.87%), Cholesterol: 64.63mg (21.54%), Sodium: 970.33mg (42.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.69g (63.37%), Vitamin A: 6868.7IU (137.37%), Phosphorus: 511.4mg (51.14%), Vitamin C: 37.88mg (45.92%), Vitamin B6: 0.87mg (43.33%), Vitamin B3: 8.66mg (43.29%), Selenium: 27.49µg (39.26%), Vitamin B2: 0.61mg (35.67%), Calcium: 353.45mg (35.34%), Potassium:

1213.51mg (34.67%), Vitamin B1: 0.47mg (31.4%), Vitamin B12: 1.67µg (27.85%), Manganese: 0.48mg (23.93%), Fiber: 5.76g (23.05%), Magnesium: 88.58mg (22.15%), Vitamin B5: 2.06mg (20.61%), Zinc: 3.01mg (20.04%), Folate: 76.7µg (19.18%), Vitamin D: 2.6µg (17.31%), Iron: 2.84mg (15.79%), Vitamin K: 15.72µg (14.97%), Copper: 0.25mg (12.75%), Vitamin E: 0.99mg (6.59%)