



Chicken & Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings carrots diced peeled
- 1 stalk celery diced
- 1 clove garlic sliced
- 4 servings pepper
- 4 cups chicken broth low-sodium (32 fl oz/1 l)
- 1 teaspoon thyme dried fresh minced
- 1 cup peas frozen (5 oz/155 g)
- 2 chicken breast halves boneless skinless

- 0.3 cup rice long-grain white ()

Equipment

- sauce pan
- ladle
- tongs

Directions

- Combine the broth, rice, and 2 cups (16 fl oz/500 ml) water in a saucepan.
- Place over medium heat and bring to a boil.
- Add the chicken to the saucepan and reduce the heat to low. Simmer the chicken, uncovered, until cooked through, 10–12 minutes. Using tongs, lift the chicken pieces out of the broth and put them on a plate. Set aside to cool.
- Stir the carrot, celery, peas, garlic, and thyme into the saucepan. Raise the heat to medium and cook until the vegetables are softened and the rice is tender but not mushy, about 10 minutes. Taste the broth and season with salt and pepper to taste and a squeeze or two of lemon juice, if using.
- Shred the chicken or cut it into bite-sized pieces and add it back to the simmering soup. Cook until heated through, about 5 minutes.
- Ladle servings of the soup into insulated containers as needed and close tightly to keep warm. Don't forget to pack a spoon! (
- Let any remaining soup cool, then cover tightly and refrigerate for up to 4 days or freeze in individual portions for up to 4 months.)
- Make it meatless
- Omit the chicken and substitute vegetable broth for the chicken broth. Throw in some more vegetables, if you like, such as tomatoes, mushrooms, zucchini, corn, baby spinach, or asparagus. You can also swap out the rice for fun pasta shapes. Pack crunchy crackers or pita chips for crumbling or dipping.
- Appears with permission from The Lunch Box: Packed with fun, healthy meals to go" by Kate McMillan & Sarah Putman Clegg. Photographs by Emma Boys. Copyright © 2011 by Weldon Owen, Inc.

Nutrition Facts

PROTEIN 37.13% FAT 13.52% CARBS 49.35%

Properties

Glycemic Index:61.59, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:20.132173968398%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 217.5kcal (10.88%), Fat: 3.32g (5.11%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 22.93g (8.34%), Sugar: 5.56g (6.18%), Cholesterol: 36.16mg (12.05%), Sodium: 191.37mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.05%), Vitamin A: 11041.12IU (220.82%), Vitamin B3: 10.81mg (54.05%), Vitamin B6: 0.64mg (32%), Selenium: 21.29µg (30.41%), Phosphorus: 272.94mg (27.29%), Vitamin C: 19.62mg (23.79%), Vitamin K: 24.96µg (23.77%), Manganese: 0.47mg (23.58%), Potassium: 755.36mg (21.58%), Fiber: 4.35g (17.41%), Copper: 0.27mg (13.57%), Vitamin B2: 0.23mg (13.38%), Vitamin B1: 0.19mg (12.71%), Vitamin B5: 1.2mg (12.04%), Folate: 43.54µg (10.89%), Magnesium: 42.56mg (10.64%), Iron: 1.9mg (10.58%), Zinc: 1.37mg (9.15%), Vitamin B12: 0.35µg (5.82%), Calcium: 57.29mg (5.73%), Vitamin E: 0.64mg (4.27%)