



Chicken Rotini Soup

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



204 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 carrots chopped
- 6 stalks celery chopped
- 1.5 pounds meat from a rotisserie chicken cut into bite size pieces
- 2 cubes chicken bouillon
- 13 cups chicken broth
- 12 servings garlic powder to taste
- 1 onion chopped
- 1 teaspoon onion powder

- 12 ounce rotini pasta
- 12 servings salt and pepper to taste
- 4 cups water

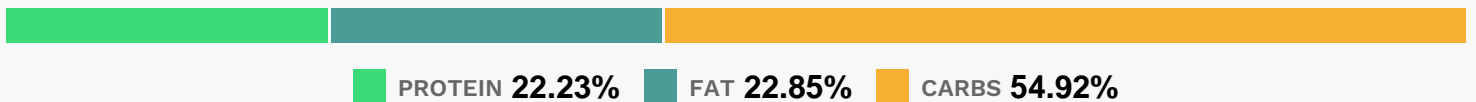
Equipment

- pot

Directions

- Place enough water in a 5 quart pot over high heat to boil the pasta.
- Place the bouillon in the water and bring to a boil.
- Place the rotini in the boiling water and cook according to package directions.
- Drain and set pasta aside.
- In a large pot over high heat, combine the chicken broth and water. To this, add the celery, onion, carrots and chicken. Bring to a boil and stir in the reserved pasta. Reduce heat to medium low, let simmer and season with the garlic powder, onion powder and salt and pepper to taste. Cook 20 minutes, or until vegetables are tender and chicken is no longer pink.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:12.74, Glycemic Load:9.53, Inflammation Score:-9, Nutrition Score:11.875652090363%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 204.27kcal (10.21%), Fat: 5.18g (7.97%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 25.75g (9.36%), Sugar: 3.56g (3.95%), Cholesterol: 25.5mg (8.5%), Sodium: 1195.98mg (52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin A: 3530.06IU (70.6%), Selenium: 23.74µg (33.92%), Manganese: 0.48mg (23.79%), Vitamin B3: 3.19mg (15.95%), Vitamin B2: 0.23mg (13.52%), Phosphorus: 131.31mg (13.13%), Vitamin B6: 0.24mg (12.01%), Potassium: 328.41mg (9.38%), Copper: 0.18mg (9.13%), Fiber: 2.25g (8.99%), Vitamin B1: 0.13mg (8.73%), Vitamin K: 9.04µg (8.61%), Magnesium: 31.87mg (7.97%), Zinc: 1.13mg (7.53%), Iron: 1.09mg (6.05%), Vitamin B5: 0.53mg (5.32%), Folate: 21.06µg (5.26%), Calcium: 41.45mg (4.15%), Vitamin C: 3.01mg (3.65%), Vitamin E: 0.43mg (2.84%), Vitamin B12: 0.14µg (2.25%)