



Chicken, Sausage, and Rice Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 3.5 ounce brown rice
- 0.3 cup carrots chopped
- 0.3 cup celery chopped
- 29 ounce fat-skimmed beef broth fat-free canned
- 1 tablespoon parsley fresh chopped
- 4 ounces turkey sausage italian hot
- 1.5 cups onion frozen chopped

- 0.3 teaspoon salt
- 5 ounce chicken thighs boneless skinless
- 2 thyme sprigs

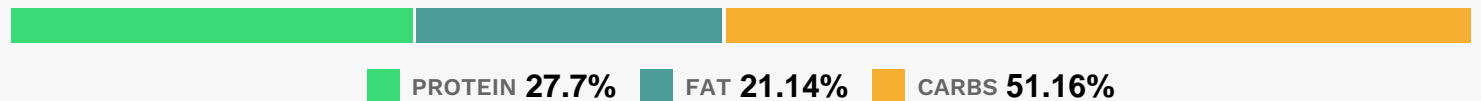
Equipment

- sauce pan

Directions

- Remove casings from sausage.
- Combine sausage and chicken in a large saucepan coated with cooking spray over high heat; cook 2 minutes, stirring to crumble sausage.
- Add onion and thyme; cook 2 minutes, stirring occasionally.
- Add celery, carrot, and broth; bring to a boil.
- Remove rice from bag; stir into broth mixture. Cover, reduce heat to medium, and cook 7 minutes or until rice is tender. Discard thyme sprigs. Stir in parsley, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:68.4, Glycemic Load:12.26, Inflammation Score:-9, Nutrition Score:16.804347872734%

Flavonoids

Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg

Nutrients (% of daily need)

Calories: 215.55kcal (10.78%), Fat: 5.07g (7.8%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 24.93g (9.07%), Sugar: 4.39g (4.87%), Cholesterol: 48.69mg (16.23%), Sodium: 1298.7mg (56.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Manganese: 1.1mg (54.77%), Vitamin A: 1978.63IU (39.57%), Selenium: 19.17µg (27.39%), Vitamin B3: 5.46mg (27.3%), Vitamin B6: 0.52mg (25.83%),

Phosphorus: 231.17mg (23.12%), Iron: 4.07mg (22.61%), Vitamin K: 21.64µg (20.61%), Vitamin C: 16.08mg (19.49%), Magnesium: 62.38mg (15.6%), Vitamin B5: 1.4mg (13.99%), Vitamin B1: 0.21mg (13.76%), Vitamin B12: 0.76µg (12.66%), Zinc: 1.84mg (12.29%), Potassium: 423.87mg (12.11%), Vitamin B2: 0.2mg (11.54%), Fiber: 2.67g (10.68%), Copper: 0.2mg (9.77%), Folate: 28.91µg (7.23%), Calcium: 50.01mg (5%), Vitamin E: 0.18mg (1.18%)