



Chicken Soup Au Pistou



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes whole peeled canned
- ☐ 2 carrots sliced
- ☐ 43.5 ounce chicken broth canned
- ☐ 1 cup green beans frozen
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced finely

- ☐ 0.3 cup pesto
- ☐ 1 large potatoes diced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound chicken breasts boneless skinless cut into bite-size pieces

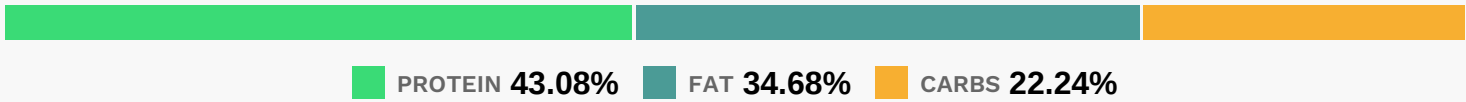
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Place the olive oil in a large saucepan and heat over medium-high heat until hot.
- ☐ Add chicken; cook and stir about 5 minutes or until chicken is browned.
- ☐ Add onion; cook and stir 2 minutes.
- ☐ Add chicken broth, undrained tomatoes, northern beans, carrots, potato, salt and pepper. Bring to a boil, stirring to break up tomatoes. Reduce heat to low; cover and simmer for 15 minutes, stirring occasionally.
- ☐ Add green beans and cook for 5 minutes or until vegetables are tender.
- ☐ Ladle soup into bowls, top each with 1 teaspoon pesto and sprinkle with parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:29.45, Glycemic Load:6.94, Inflammation Score:-9, Nutrition Score:23.128695892251%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 479.94kcal (24%), Fat: 18.22g (28.03%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 26.29g (8.76%),
Net Carbohydrates: 21.16g (7.7%), Sugar: 3.59g (3.98%), Cholesterol: 95.84mg (31.95%), Sodium: 1011.2mg (43.97%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.93g (101.86%), Vitamin A: 3141.79IU (62.84%), Selenium:
39.83µg (56.9%), Phosphorus: 413.56mg (41.36%), Vitamin B6: 0.81mg (40.4%), Vitamin B3: 8mg (40.02%), Zinc:
4.64mg (30.94%), Vitamin B12: 1.6µg (26.64%), Potassium: 904.42mg (25.84%), Vitamin C: 18.45mg (22.36%), Iron:
4.02mg (22.35%), Magnesium: 84.97mg (21.24%), Fiber: 5.13g (20.53%), Manganese: 0.39mg (19.71%), Vitamin B2:
0.28mg (16.6%), Folate: 65.95µg (16.49%), Vitamin K: 15.1µg (14.39%), Copper: 0.27mg (13.6%), Vitamin B1: 0.18mg
(11.79%), Calcium: 96.86mg (9.69%), Vitamin E: 1.31mg (8.76%), Vitamin B5: 0.83mg (8.29%), Vitamin D: 0.18µg
(1.22%)