




 **45%**
HEALTH SCORE

Chicken Soup for the Soul


 Dairy Free

READY IN




146 min.

SERVINGS



6

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 allspice
- 2 bay leaves
- 1 stalk broccoli diced
- 2 inches broccoli
- 1 parsnips cubed
- 1 large carrots peeled cut into 3
- 2 chicken with wings
- 250 g chicken pieces cut into small bits

- 1 large handful parsley fresh chopped
- 1 garlic clove
- 1 leek white sliced
- 2 inches leek green
- 1 nutmeg
- 1 large onion (it gives the stock a lovely colour)
- 10 parsley
- 1 parsnips peeled cut into 2
- 1 cup soup noodles (little stars)
- 2 cups peas
- 3 pepper white
- 1 pinches sea salt good

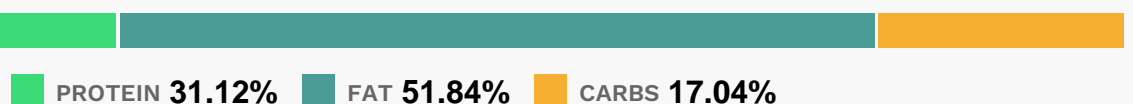
Equipment

- pot

Directions

- First of all I had 2 chickens that I seperated the legs and breasts of to be used another time.The Carcass then cut into smaller bits I placed into a large stock pot and covered with my finest water.This is brought to a simmer and the foam skimmed of as it rises to the top.After about 10 minutes I add the vegetables and spices apart from the stelline pasta, cut leeks, peas and diced broccoli stem.This stock now is left to quietly simmer for 2 hours or more (it can be anything up to 24 hours, but who would want to wait that long).After 20 minutes I will lift out the carrot and parsnip pieces, cut them into cubes and use them in the finished soup.Strain the stock, pick any meat of the chicken and in another pot bring all remaining ingredients for the finished soup to a boil.Now it all just needs another 5 minutes of simmering to warm through the vegies, chicken and pasta. Then it's ready to make you feel good!Enjoy!

Nutrition Facts



Properties

Glycemic Index:95.19, Glycemic Load:10.38, Inflammation Score:-10, Nutrition Score:39.230869904808%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 760.31kcal (38.02%), Fat: 43.37g (66.72%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 24.43g (8.88%), Sugar: 8.29g (9.21%), Cholesterol: 211.69mg (70.56%), Sodium: 292.9mg (12.73%), Alcohol: Og (100%), Protein: 58.58g (117.16%), Vitamin B3: 21.16mg (105.78%), Vitamin K: 101.72µg (96.87%), Vitamin C: 63.7mg (77.21%), Selenium: 49.81µg (71.15%), Vitamin A: 3393.03IU (67.86%), Vitamin B6: 1.27mg (63.45%), Phosphorus: 560.64mg (56.06%), Manganese: 0.86mg (43.04%), Zinc: 4.99mg (33.24%), Vitamin B5: 3.22mg (32.19%), Potassium: 1070.29mg (30.58%), Fiber: 7.64g (30.56%), Folate: 122.18µg (30.54%), Vitamin B2: 0.49mg (28.65%), Magnesium: 108.98mg (27.25%), Vitamin B1: 0.41mg (27%), Iron: 4.55mg (25.27%), Copper: 0.37mg (18.59%), Vitamin B12: 0.88µg (14.58%), Vitamin E: 2.14mg (14.26%), Calcium: 101.95mg (10.2%), Vitamin D: 0.56µg (3.76%)