



Chicken Soup Tete Style



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 10 peppercorns whole black
- ☐ 4 carrots
- ☐ 3 stalks celery with leaves
- ☐ 3 cinnamon sticks
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 5 cloves garlic
- ☐ 2 onions

- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups rice white
- ☐ 2 pound meat from a rotisserie chicken whole

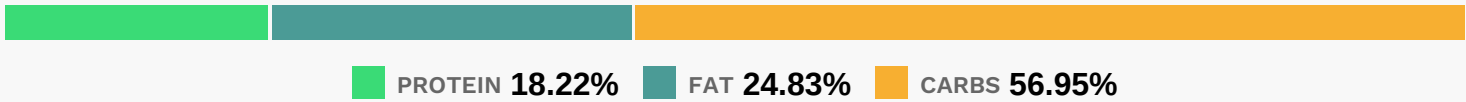
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Place chicken, celery, carrots, onions, garlic, cloves, cinnamon, cilantro, peppercorns, and bay leave in a large stock pot and fill with cold water, (it is not necessary to peel the garlic or onion, just wash the outside.) Using low heat cook for 4 hours after boiling begins or until water line is an inch or two from the top.
- ☐ Using a colander drain broth into another pot. Reserve chicken meat and discard the rest.
- ☐ In a bowl put rice and 1 cup of water to soak. While it is soaking skim fat off the top of broth and remove usable meat from chicken.
- ☐ Add rice to chicken broth and salt and pepper to taste. Boil at least 20 minutes and then add shredded chicken.
- ☐ Remove from heat and let sit until soup thickens.
- ☐ Once soup has reached desired thickness heat through and serve.

Nutrition Facts



Properties

Glycemic Index:44.34, Glycemic Load:32.09, Inflammation Score:-10, Nutrition Score:18.314347775086%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 423.81kcal (21.19%), Fat: 11.55g (17.76%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 55.66g (20.24%), Sugar: 3.89g (4.32%), Cholesterol: 54.43mg (18.14%), Sodium: 293.9mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.13%), Vitamin A: 7002.24IU (140.04%), Manganese: 1.18mg (59.1%), Vitamin B3: 6.47mg (32.37%), Selenium: 20.49µg (29.27%), Vitamin B6: 0.5mg (25.24%), Phosphorus: 212.56mg (21.26%), Fiber: 3.92g (15.66%), Vitamin B5: 1.52mg (15.15%), Potassium: 464.36mg (13.27%), Vitamin K: 13.8µg (13.14%), Zinc: 1.87mg (12.49%), Copper: 0.23mg (11.31%), Magnesium: 42.7mg (10.67%), Vitamin B2: 0.17mg (9.78%), Vitamin C: 7.78mg (9.44%), Vitamin B1: 0.14mg (9.35%), Iron: 1.6mg (8.89%), Folate: 31.5µg (7.88%), Calcium: 78.25mg (7.82%), Vitamin E: 0.66mg (4.42%), Vitamin B12: 0.22µg (3.75%)