



Chicken Soup with Asparagus, Peas, and Dill



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



131 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 lb asparagus trimmed thinly sliced
- ☐ 3 cups peas green frozen thawed (1 lb; not)
- ☐ 14 cups chicken stock see
- ☐ 8 optional: dill fresh chopped (stripped of leaves)

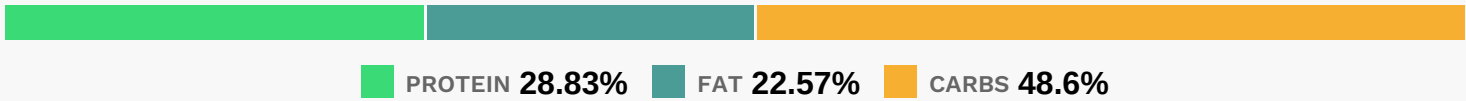
Equipment

- ☐ sauce pan

Directions

- ☐ Simmer stock with dill stems in a 4- to 5-quart saucepan, uncovered, until reduced to about 8 cups, 25 to 30 minutes. Discard dill stems.
- ☐ Add asparagus and peas, then bring to a boil, partially covered. Reduce heat and simmer, uncovered, until asparagus is crisp-tender, about 3 minutes. Stir in dill leaves and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:7.03, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:11.6699999951902%

Flavonoids

Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 130.88kcal (6.54%), Fat: 3.31g (5.08%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 13g (4.73%), Sugar: 6.96g (7.74%), Cholesterol: 7.75mg (2.58%), Sodium: 372.7mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin K: 30.59µg (29.13%), Vitamin B3: 5.3mg (26.52%), Vitamin C: 17.36mg (21.04%), Vitamin B2: 0.34mg (19.97%), Vitamin B1: 0.25mg (16.98%), Folate: 62.81µg (15.7%), Copper: 0.3mg (14.91%), Vitamin A: 706.9IU (14.14%), Phosphorus: 133.54mg (13.35%), Potassium: 463.29mg (13.24%), Vitamin B6: 0.26mg (13.15%), Iron: 2.2mg (12.2%), Fiber: 3.02g (12.08%), Manganese: 0.23mg (11.38%), Selenium: 7.49µg (10.7%), Magnesium: 29.05mg (7.26%), Zinc: 1.07mg (7.1%), Vitamin E: 0.71mg (4.75%), Calcium: 29.96mg (3%), Vitamin B5: 0.18mg (1.81%)