



Chicken Soup with Garlic, Saffron, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 8 peppercorns black
- ☐ 6 inch bread baguette french toasted
- ☐ 19 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.5 cup carrots chopped
- ☐ 6 cups chicken stock see white
- ☐ 1.5 cups fennel bulb chopped

- ☐ 1 garlic clove crushed
- ☐ 1 garlic clove halved
- ☐ 2 cups leek chopped (2 large)
- ☐ 1.5 cups mushrooms sliced
- ☐ 5 parsley sprigs
- ☐ 0.5 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 1 cup pkt spinach thinly sliced
- ☐ 2 thyme sprigs
- ☐ 1.5 cups tomatoes peeled seeded chopped (5 medium)
- ☐ 1 cup turnip peeled chopped

Equipment

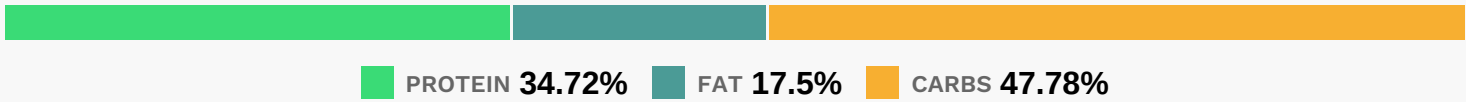
- ☐ bowl
- ☐ ladle
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Place first 4 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Combine cheesecloth bag, stock, and next 6 ingredients (stock through saffron) in a large Dutch oven; bring to a boil. Reduce heat; simmer 10 minutes.
- ☐ Add tomato and chicken; simmer 20 minutes.
- ☐ Remove cheesecloth bag and chicken; discard cheesecloth bag. Cool chicken slightly, and chop.
- ☐ Add chicken, spinach, salt, pepper, and beans to broth mixture, and cook 2 minutes.
- ☐ Rub cut sides of garlic halves over one side of each bread slice, and discard garlic.

Place 2 bread slices in each of 6 bowls; ladle 1 2/3 cups soup over each serving.

Nutrition Facts



Properties

Glycemic Index:107.22, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:29.614347761092%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 340.85kcal (17.04%), Fat: 6.7g (10.31%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 33.75g (12.27%), Sugar: 9.45g (10.51%), Cholesterol: 79.02mg (26.34%), Sodium: 948.68mg (41.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.84%), Vitamin K: 74.66µg (71.11%), Vitamin A: 2958.78IU (59.18%), Vitamin B3: 10.05mg (50.23%), Manganese: 0.91mg (45.26%), Selenium: 27.65µg (39.5%), Vitamin B6: 0.78mg (39.17%), Potassium: 1300.82mg (37.17%), Phosphorus: 358.99mg (35.9%), Vitamin B2: 0.55mg (32.57%), Iron: 5.78mg (32.14%), Folate: 126.75µg (31.69%), Fiber: 7.43g (29.7%), Copper: 0.59mg (29.7%), Magnesium: 103.99mg (26%), Vitamin C: 21.28mg (25.79%), Vitamin B1: 0.35mg (23.04%), Zinc: 2.95mg (19.66%), Vitamin B5: 1.7mg (16.97%), Calcium: 149.94mg (14.99%), Vitamin E: 1.92mg (12.82%), Vitamin B12: 0.49µg (8.22%)