



Chicken Soup with Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons teaspoons basil dried fresh chopped
- 1 bay leaf
- 1 tablespoon peppercorns black
- 1 cup carrots chopped
- 1.5 cups carrots sliced
- 1 cup celery chopped
- 1 cup celery diced
- 3 pound chicken pieces

- 1 medium onion cut into 8 wedges
- 0.5 cup orzo pasta) (rice-shaped uncooked
- 0.8 teaspoon salt
- 3 quarts water
- 1 teaspoon or dried fresh chopped
- 1 teaspoon or dried fresh chopped

Equipment

- bowl
- pot
- sieve

Directions

- Remove and discard giblets and neck from chicken. Rinse chicken under cold water; pat dry. Trim excess fat.
- Combine chicken and 3 quarts water in a stockpot; bring to a boil.
- Add the onion, chopped carrot, chopped celery, and peppercorns; bring to a boil. Partially cover, reduce heat, and simmer 1 hour.
- Remove the chicken from broth, reserving broth; cool.
- Remove chicken from bones; cut meat into bite-size pieces. Strain chicken broth through a sieve over a bowl; discard solids.
- Add enough water to broth to measure 10 cups; pour broth mixture into stockpot.
- Add sliced carrot, diced celery, basil, oregano, salt, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- Add chicken and orzo; cook 8 minutes or until pasta is done.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:16.84608695818%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 312.19kcal (15.61%), Fat: 17.76g (27.32%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 11.3g (4.11%), Sugar: 3.08g (3.42%), Cholesterol: 86.75mg (28.92%), Sodium: 365.91mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Vitamin A: 6991.97IU (139.84%), Vitamin B3: 8.53mg (42.67%), Selenium: 22.85µg (32.65%), Vitamin B6: 0.51mg (25.66%), Phosphorus: 214.06mg (21.41%), Manganese: 0.38mg (18.78%), Vitamin K: 18.6µg (17.71%), Potassium: 471.44mg (13.47%), Vitamin B5: 1.3mg (13%), Zinc: 1.86mg (12.37%), Vitamin B2: 0.19mg (11.08%), Magnesium: 43.08mg (10.77%), Fiber: 2.39g (9.54%), Copper: 0.19mg (9.52%), Iron: 1.51mg (8.37%), Vitamin B1: 0.12mg (7.83%), Vitamin C: 6.11mg (7.4%), Folate: 28.5µg (7.13%), Vitamin B12: 0.36µg (5.98%), Calcium: 58.46mg (5.85%), Vitamin E: 0.71mg (4.73%), Vitamin D: 0.23µg (1.54%)