



## Chicken Soup with Rice



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 medium carrots cut into 1/4-inch-thick slices
- ☐ 3 rib celery stalks
- ☐ 80 fl. oz. chicken broth reduced-sodium
- ☐ 1 medium onion unpeeled quartered
- ☐ 6 parsley fresh chopped
- ☐ 0.5 cup rice long-grain rinsed
- ☐ 2 lb rotisserie chicken cut
- ☐ 2 thyme sprigs fresh

☐ 1 bay leaves

Equipment

☐ bowl

☐ ladle

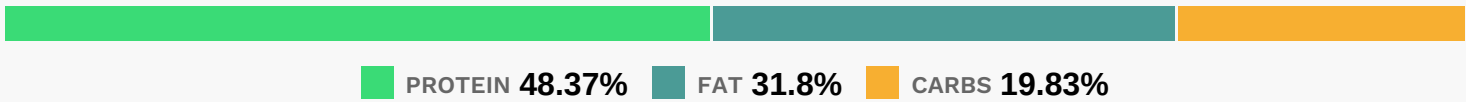
☐ pot

☐ sieve

Directions

- ☐ Remove meat from chicken, reserving skin and bones. Coarsely chop 1 celery rib and put in a 6- to 8-quart pot along with chicken bones and skin, onion, parsley sprigs, thyme sprigs, bay leaf, and chicken broth. Simmer, partially covered, 1 hour.
- ☐ While broth is simmering, shred about half of chicken meat into 1-inch-long pieces (about 1/4 inch thick) to yield 1 1/2 cups meat, reserving remaining meat for another use.
- ☐ Cut remaining 2 celery ribs into 1/4-inch dice.
- ☐ Pour chicken broth through a fine-mesh sieve into a large bowl, pressing hard on solids with back of a ladle and then discarding them. Skim fat from surface of broth.
- ☐ Return strained broth to pot, then add carrots, diced celery, and rice and simmer, partially covered, stirring occasionally, until vegetables are tender and rice is very soft, about 30 minutes. Stir in shredded chicken and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:6.35, Inflammation Score:-9, Nutrition Score:7.5239129818004%

Flavonoids

Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 310.53kcal (15.53%), Fat: 11.18g (17.2%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 14.81g (5.38%), Sugar: 1.73g (1.93%), Cholesterol: 108.86mg (36.29%), Sodium: 494.6mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.26g (76.51%), Vitamin A: 2625.45IU (52.51%), Vitamin B3: 4.42mg (22.09%), Vitamin K: 14.49µg (13.8%), Phosphorus: 112.14mg (11.21%), Potassium: 343.19mg (9.81%), Copper: 0.19mg (9.56%), Manganese: 0.17mg (8.61%), Vitamin B2: 0.11mg (6.42%), Vitamin B12: 0.3µg (4.93%), Iron: 0.88mg (4.91%), Vitamin B6: 0.09mg (4.41%), Vitamin C: 3.33mg (4.04%), Fiber: 0.88g (3.52%), Zinc: 0.5mg (3.3%), Selenium: 1.83µg (2.62%), Calcium: 25.56mg (2.56%), Magnesium: 9.88mg (2.47%), Folate: 7.84µg (1.96%), Vitamin B5: 0.18mg (1.81%), Vitamin B1: 0.03mg (1.69%)