



WHATSheATE



HEALTH SCORE

70%

Chicken, Spinach, and Potato Soup



Gluten Free



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce garbanzo beans drained canned
- ☐ 2 cups chicken stock see
- ☐ 6 cloves garlic chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 large potatoes cubed
- ☐ 4 servings salt and pepper to taste

- ☐ 1 pound chicken thighs boneless skinless
- ☐ 10 ounce pkt spinach fresh
- ☐ 4 cups water

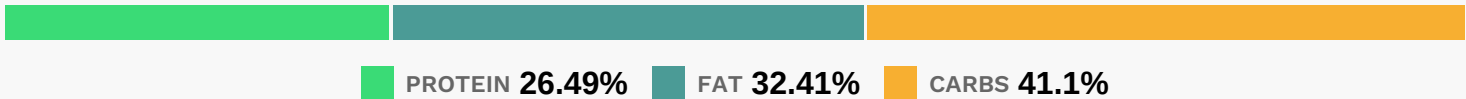
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring chicken thighs, chicken stock, and water to a simmer in a large saucepan over medium-high heat. Reduce heat to medium-low, and continue simmer in until the chicken is no longer pink in the center, about 20 minutes.
- ☐ Remove the chicken thighs, and set aside to cool. Reserve the broth.
- ☐ While the thighs are cooling, heat olive oil in a large pot over medium heat. Stir in onion and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the potatoes, then strain the reserved cooking liquid into the pot. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the potatoes are tender, about 25 minutes.
- ☐ Cut the cooked chicken into cubes and add to the simmering potatoes. Cook for 5 minutes, then stir in the garbanzo beans, spinach, and roasted pepper; simmer 10 more minutes. Season to taste with salt and pepper, and sprinkle with grated Parmesan cheese before serving.

Nutrition Facts



Properties

Glycemic Index:53.27, Glycemic Load:29.27, Inflammation Score:-10, Nutrition Score:45.853478512686%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 6.25mg, Kaempferol: 6.25mg, Kaempferol: 6.25mg, Kaempferol: 6.25mg

Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 11.8mg, Quercetin: 11.8mg, Quercetin: 11.8mg, Quercetin: 11.8mg

Nutrients (% of daily need)

Calories: 577.14kcal (28.86%), Fat: 21.06g (32.41%), Saturated Fat: 4.31g (26.97%), Carbohydrates: 60.11g (20.04%), Net Carbohydrates: 48.77g (17.73%), Sugar: 5.27g (5.86%), Cholesterol: 116.77mg (38.92%), Sodium: 972.3mg (42.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.75g (77.49%), Vitamin K: 356.01µg (339.06%), Vitamin A: 6752.57IU (135.05%), Manganese: 1.99mg (99.66%), Vitamin B6: 1.9mg (95.13%), Vitamin C: 60.79mg (73.69%), Vitamin B3: 10.91mg (54.57%), Folate: 213.54µg (53.38%), Phosphorus: 532.45mg (53.25%), Potassium: 1823.78mg (52.11%), Selenium: 34.81µg (49.73%), Fiber: 11.34g (45.36%), Magnesium: 169.36mg (42.34%), Iron: 6.16mg (34.21%), Copper: 0.66mg (33.09%), Vitamin B2: 0.55mg (32.31%), Vitamin B1: 0.41mg (27.41%), Zinc: 4mg (26.64%), Vitamin B5: 2.39mg (23.85%), Calcium: 225.14mg (22.51%), Vitamin E: 3.25mg (21.68%), Vitamin B12: 0.81µg (13.5%)