



Chicken, Squash and Pasta Soup

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup celery stalks coarsely chopped
- ☐ 0.5 cup onion coarsely chopped
- ☐ 1 teaspoon sage dried
- ☐ 6 cups chicken broth (from two 32-oz cartons)
- ☐ 1 cups rotisserie chicken cut chopped (from)
- ☐ 5 oz rotini pasta uncooked
- ☐ 1.5 cups butternut squash peeled

- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper

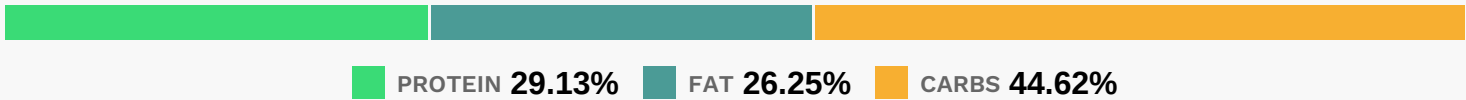
Equipment

- ☐ dutch oven

Directions

- ☐ In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat. Cook celery, onion and sage in oil 5 to 6 minutes, stirring frequently, until onion is softened.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat to medium. Cover; cook 12 to 15 minutes, stirring occasionally, until pasta and squash are tender.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:7.45, Inflammation Score:-10, Nutrition Score:12.613043546677%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 218.37kcal (10.92%), Fat: 6.43g (9.9%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.61g (8.22%), Sugar: 3.21g (3.57%), Cholesterol: 42.55mg (14.18%), Sodium: 1122.41mg (48.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.12%), Vitamin A: 3801.28IU (76.03%), Copper: 1.15mg (57.54%), Manganese: 0.47mg (23.44%), Selenium: 16.18µg (23.12%), Vitamin C: 8.86mg (10.74%), Vitamin B2: 0.17mg (10.21%), Vitamin K: 9.63µg (9.17%), Potassium: 283.41mg (8.1%), Fiber: 1.99g (7.95%), Vitamin B1: 0.12mg (7.75%), Magnesium: 30.6mg (7.65%), Phosphorus: 73.7mg (7.37%), Vitamin B3: 1.41mg (7.03%), Vitamin B6: 0.12mg (5.8%), Vitamin E: 0.86mg (5.72%), Folate: 22.3µg (5.58%), Iron: 0.82mg (4.56%), Calcium: 43.39mg (4.34%), Zinc: 0.6mg (4.01%), Vitamin B5: 0.32mg (3.21%)