



## Chicken-Vegetable-Barley Soup

 Dairy Free

READY IN



26 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups bagged baby spinach leaves chopped
- 0.5 teaspoon pepper black freshly ground
- 2 cups rotisserie chicken breast shredded
- 5 cups less-sodium chicken broth fat-free
- 0.5 teaspoon kosher salt
- 0.8 cup quick-cooking barley
- 16 ounce vegetable soup mix frozen with tomatoes

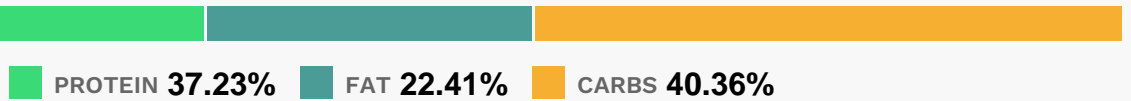
### Equipment

dutch oven

## Directions

- Combine first 5 ingredients in a large Dutch oven. Cover and bring to a boil. Stir in barley; cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- Remove from heat; stir in spinach, and let stand 5 minutes.
- Serve with: Garlic Cheddar Toast

## Nutrition Facts



## Properties

Glycemic Index:13.63, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:12.161304339119%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 218.83kcal (10.94%), Fat: 5.62g (8.64%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 17.38g (6.32%), Sugar: 0.41g (0.45%), Cholesterol: 56.78mg (18.93%), Sodium: 965.14mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.01%), Vitamin A: 3587.26IU (71.75%), Vitamin K: 36.84µg (35.09%), Manganese: 0.49mg (24.27%), Fiber: 5.39g (21.56%), Selenium: 10.5µg (15%), Vitamin B3: 2.42mg (12.1%), Vitamin C: 8mg (9.7%), Phosphorus: 94.37mg (9.44%), Folate: 36.75µg (9.19%), Magnesium: 35.98mg (9%), Copper: 0.17mg (8.5%), Vitamin B1: 0.12mg (8.06%), Iron: 1.42mg (7.9%), Potassium: 258.81mg (7.39%), Vitamin B6: 0.14mg (6.9%), Vitamin B2: 0.11mg (6.69%), Zinc: 0.72mg (4.83%), Vitamin B12: 0.28µg (4.73%), Calcium: 33.36mg (3.34%), Vitamin B5: 0.32mg (3.22%), Vitamin E: 0.16mg (1.05%)