



Chicken-Vegetable Soup

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce baby potato and vegetable blend frozen (such as Birds Eye)
- 1.5 cups baby spinach fresh coarsely chopped
- 0.5 teaspoon pepper black freshly ground
- 1 cup carrots frozen sliced
- 8 ounce prechopped celery refrigerated
- 2.5 cups chicken breast diced cooked
- 0.5 teaspoon curry powder
- 12 ounce evaporated milk fat-free canned

- 0.5 teaspoon penzey's southwest seasoning dried italian
- 1 teaspoon bottled roasted garlic minced
- 0.3 teaspoon salt
- 32 ounce carton fat-free

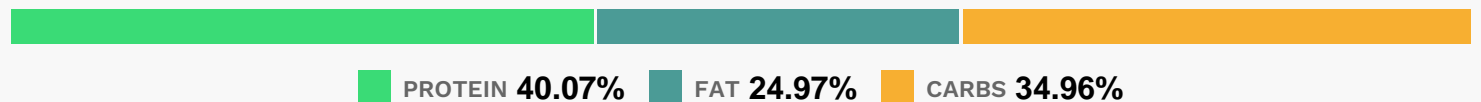
Equipment

- bowl
- plastic wrap
- microwave
- dutch oven

Directions

- Bring first 4 ingredients to a boil in a covered large Dutch oven.
- While broth mixture comes to a boil, place potato-vegetable blend in a microwave-safe bowl. Cover with heavy-duty plastic wrap; vent. Microwave at HIGH 5 minutes. While frozen vegetables cook, add garlic and next 4 ingredients to broth mixture; cover and continue to cook.
- Using kitchen shears, snip cooked potato-vegetable blend into bite-sized pieces. Stir potato-vegetable blend, spinach, and milk into broth mixture. Cover and cook over high heat 5 minutes or until carrot is tender.
- Sprinkle with additional black pepper before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:44.43, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:21.546087057694%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.96mg, Quercetin:

0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 250.71kcal (12.54%), Fat: 6.93g (10.66%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 18.84g (6.85%), Sugar: 8.43g (9.36%), Cholesterol: 69.05mg (23.02%), Sodium: 816.21mg (35.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.04%), Vitamin A: 4594.48IU (91.89%), Vitamin K: 53.37µg (50.83%), Vitamin B3: 9.54mg (47.7%), Vitamin B6: 0.66mg (32.79%), Phosphorus: 313.92mg (31.39%), Selenium: 18.57µg (26.53%), Potassium: 844.14mg (24.12%), Vitamin B2: 0.41mg (23.9%), Vitamin C: 18.83mg (22.82%), Calcium: 205.47mg (20.55%), Manganese: 0.37mg (18.31%), Magnesium: 61.18mg (15.29%), Vitamin B5: 1.3mg (12.97%), Folate: 50.36µg (12.59%), Vitamin B1: 0.18mg (12.13%), Fiber: 3g (12%), Iron: 1.82mg (10.08%), Zinc: 1.48mg (9.85%), Copper: 0.17mg (8.53%), Vitamin B12: 0.32µg (5.32%), Vitamin E: 0.78mg (5.2%)