



Chicken-Vegetable Soup with Orzo

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups broccoli florets
- ☐ 1.5 cups carrots sliced
- ☐ 2 pounds skin-on chicken drumsticks
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cups pre mushrooms
- ☐ 1 cup onion chopped
- ☐ 0.3 cup orzo pasta) (rice-shaped uncooked
- ☐ 1.5 ounces parmesan cheese fresh grated

- ☐ 1 teaspoon salt
- ☐ 5 cups water

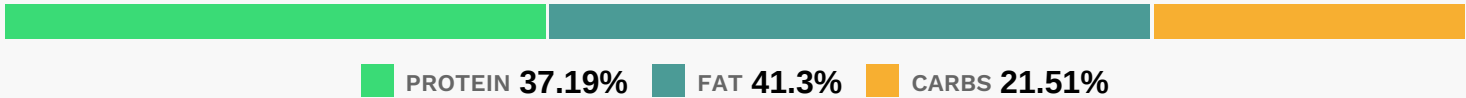
Equipment

- ☐ bowl
- ☐ ladle
- ☐ microwave
- ☐ colander

Directions

- ☐ Combine water and chicken in a 3-quart casserole. Cover with lid; microwave at HIGH 30 minutes or until chicken is done, stirring after 15 minutes.
- ☐ Drain in a colander over a bowl, reserving cooking liquid. Cool chicken slightly.
- ☐ Remove chicken from bones, and discard bones. Shred chicken with 2 forks to measure 2 1/2 cups.
- ☐ Combine broccoli and next 4 ingredients (broccoli through basil) in casserole. Cover; microwave at HIGH 8 minutes or until tender, stirring after 4 minutes.
- ☐ Add the reserved cooking liquid, chicken, pasta, salt, and pepper. Cover; microwave at HIGH 6 minutes or until pasta is tender. Ladle soup into 6 bowls.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:51.47, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:21.422173930251%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 253.52kcal (12.68%), Fat: 11.67g (17.95%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 10.99g (4%), Sugar: 4.02g (4.47%), Cholesterol: 98.02mg (32.67%), Sodium: 651.51mg (28.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.28%), Vitamin A: 5690.36IU (113.81%), Selenium: 29.1µg (41.58%), Vitamin K: 42.15µg (40.14%), Vitamin C: 31.77mg (38.51%), Vitamin B3: 6.73mg (33.65%), Phosphorus: 296.26mg (29.63%), Vitamin B6: 0.52mg (25.79%), Vitamin B2: 0.39mg (22.78%), Vitamin B5: 1.88mg (18.82%), Zinc: 2.67mg (17.8%), Potassium: 588.89mg (16.83%), Calcium: 135.38mg (13.54%), Copper: 0.26mg (12.99%), Manganese: 0.25mg (12.63%), Vitamin B1: 0.17mg (11.44%), Magnesium: 45.14mg (11.29%), Vitamin B12: 0.65µg (10.92%), Fiber: 2.68g (10.74%), Folate: 41.04µg (10.26%), Iron: 1.35mg (7.5%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.2µg (1.34%)