



Chicken Veggie Soup I

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots halved
- 4.5 ounce mushrooms drained canned
- 29 ounce chicken broth canned
- 2 potatoes cubed peeled

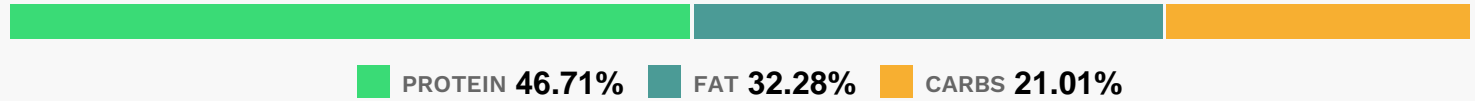
Equipment

- sauce pan

Directions

- In a large saucepan over medium high heat, combine the chicken stock, carrots and potatoes and simmer for 20 minutes, or until potatoes are tender.
- Add the mushrooms and simmer for 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:13.62, Inflammation Score:-10, Nutrition Score:23.172173634819%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 481.42kcal (24.07%), Fat: 16.88g (25.97%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 20.68g (7.52%), Sugar: 3.1g (3.44%), Cholesterol: 102.77mg (34.26%), Sodium: 1157.57mg (50.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.95g (109.91%), Vitamin A: 4778.73IU (95.57%), Selenium: 39.73µg (56.76%), Phosphorus: 405.18mg (40.52%), Zinc: 5.73mg (38.21%), Vitamin B6: 0.76mg (37.89%), Vitamin B12: 2.06µg (34.26%), Vitamin B3: 6.74mg (33.71%), Vitamin C: 21.81mg (26.44%), Potassium: 879.81mg (25.14%), Iron: 4.04mg (22.44%), Magnesium: 71.53mg (17.88%), Copper: 0.32mg (16.24%), Fiber: 4.04g (16.15%), Vitamin B2: 0.26mg (15.17%), Manganese: 0.24mg (11.93%), Vitamin K: 9.76µg (9.29%), Folate: 33.62µg (8.4%), Vitamin B1: 0.12mg (8.13%), Vitamin B5: 0.7mg (7.02%), Calcium: 55.3mg (5.53%), Vitamin E: 0.67mg (4.48%), Vitamin D: 0.27µg (1.8%)