




 **11%**
HEALTH SCORE

Chinese Chicken and Potato Soup


 **Gluten Free**  **Dairy Free**

READY IN




115 min.

SERVINGS



4

CALORIES



223 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 1 carrots chopped
- 1 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 5 cloves garlic minced
- 1 onion chopped
- 3 potatoes cubed
- 4 servings salt and pepper to taste
- 1 turnip chopped

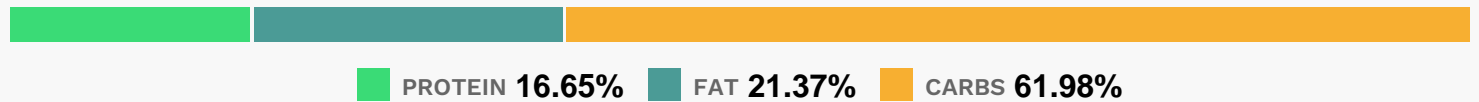
Equipment

pot

Directions

- In a large pot over high heat, combine the potatoes, carrot, turnip, onion, garlic, chicken and water to cover. Bring to a boil and reduce heat to low.
- Let soup simmer for 45 minutes to 1 hour. Skim fat, if desired, and season with salt and pepper to taste.
- Remove chicken leg from the soup and allow it cool.
- Remove the meat, returning it to the soup, and discard the skin and bones. Simmer for 30 to 45 more minutes, or longer, if desired.

Nutrition Facts



Properties

Glycemic Index:65.15, Glycemic Load:22.86, Inflammation Score:-9, Nutrition Score:15.055652217373%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 223.31kcal (11.17%), Fat: 5.39g (8.3%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 30.16g (10.97%), Sugar: 4.33g (4.81%), Cholesterol: 29.95mg (9.98%), Sodium: 263.12mg (11.44%), Alcohol: Og (100%), Protein: 9.46g (18.91%), Vitamin A: 2581.38IU (51.63%), Vitamin C: 42.04mg (50.96%), Vitamin B6: 0.7mg (35.08%), Potassium: 900.21mg (25.72%), Manganese: 0.41mg (20.55%), Fiber: 5.04g (20.15%), Vitamin B3: 3.54mg (17.69%), Phosphorus: 168.26mg (16.83%), Magnesium: 51.74mg (12.93%), Vitamin B1: 0.19mg (12.91%), Copper: 0.24mg (12.24%), Selenium: 7.18µg (10.25%), Folate: 39.66µg (9.91%), Iron: 1.73mg (9.6%), Vitamin B5: 0.95mg (9.52%), Zinc: 1.15mg (7.64%), Vitamin B2: 0.13mg (7.42%), Vitamin K: 5.99µg (5.71%), Calcium: 49.48mg (4.95%), Vitamin B12: 0.18µg (3.01%), Vitamin E: 0.21mg (1.37%)