



## Chunky Chicken-and-Rice Soup with Turnips

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup rice long-grain uncooked
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups leek chopped ( 2 large)
- ☐ 2 cups milk 2% reduced-fat
- ☐ 3 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 teaspoon salt
- ☐ 1 pound turnips peeled coarsely chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 8 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ potato masher
- ☐ dutch oven

## Directions

- ☐ Combine water and chicken in a large Dutch oven; bring to a boil. Reduce heat to medium, and cook, uncovered, 1 hour.
- ☐ Remove from heat.
- ☐ Remove chicken from cooking liquid (broth); place chicken in a bowl, and chill for 15 minutes.
- ☐ Remove skin from chicken, and remove meat from bones, discarding skin and bones. Chop chicken into bite-size pieces; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Skim fat from surface; discard. Reserve 6 cups broth.
- ☐ Heat the oil in the pan over medium-high heat.
- ☐ Add the leek, basil, thyme, and oregano; saut 5 minutes or until leek is browned.
- ☐ Add reserved broth, scraping pan to loosen browned bits. Stir in the turnips and rice; bring to a boil. Reduce heat, and simmer for 30 minutes or until turnips are tender. Partially mash turnips with a potato masher.
- ☐ Add chicken, milk, and salt, and cook 5 minutes or until thoroughly heated.
- ☐ Remove from heat, and add cheese, stirring until melted.

## Nutrition Facts



 **PROTEIN 28.8%**  **FAT 45.33%**  **CARBS 25.87%**

Properties

Glycemic Index:17.12, Glycemic Load:6.69, Inflammation Score:-5, Nutrition Score:10.5586956869%

Flavonoids

Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 240.56kcal (12.03%), Fat: 11.99g (18.44%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.06g (5.11%), Sugar: 4.87g (5.41%), Cholesterol: 54.55mg (18.18%), Sodium: 396.47mg (17.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.27%), Vitamin B3: 4.9mg (24.5%), Phosphorus: 210.1mg (21.01%), Selenium: 13.72µg (19.6%), Vitamin B6: 0.35mg (17.49%), Vitamin C: 12.83mg (15.55%), Manganese: 0.28mg (14.05%), Calcium: 135.3mg (13.53%), Vitamin B2: 0.21mg (12.31%), Vitamin K: 12.71µg (12.1%), Zinc: 1.51mg (10.07%), Vitamin B5: 0.99mg (9.89%), Potassium: 327.49mg (9.36%), Vitamin A: 457.89IU (9.16%), Magnesium: 34.54mg (8.63%), Vitamin B12: 0.49µg (8.24%), Iron: 1.36mg (7.57%), Copper: 0.15mg (7.44%), Folate: 26.68µg (6.67%), Vitamin B1: 0.09mg (6.29%), Fiber: 1.34g (5.35%), Vitamin E: 0.47mg (3.11%)