



Chunky Chicken-Barley Soup

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 29 oz chicken broth fat-free low-sodium, canned
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups water

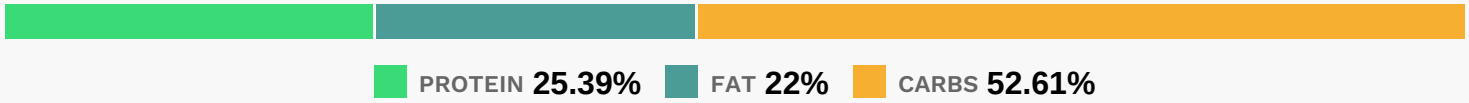
Equipment

- ☐ dutch oven

Directions

- ☐ Saut first 4 ingredients in hot oil in a large Dutch oven over medium-high heat 5 minutes.
- ☐ Add chicken broth, 1 3/4 cups water, and next 3 ingredients. Bring to a boil; reduce heat, and simmer, partially covered, 23 to 25 minutes or until vegetables are tender.
- ☐ Add chicken and barley; cook 8 to 10 minutes or until barley is tender.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:15.818260959957%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 205.96kcal (10.3%), Fat: 5.11g (7.87%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 21.75g (7.91%), Sugar: 3.91g (4.34%), Cholesterol: 26.25mg (8.75%), Sodium: 1053.79mg (45.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Vitamin A: 5426.45IU (108.53%), Selenium: 23.06µg (32.95%), Vitamin B3: 5.47mg (27.36%), Manganese: 0.52mg (25.79%), Fiber: 5.76g (23.06%), Vitamin B6: 0.36mg (17.9%), Phosphorus: 173.51mg (17.35%), Potassium: 413.67mg (11.82%), Copper: 0.22mg (11.09%), Vitamin K: 11.14µg (10.61%), Magnesium: 40.15mg (10.04%), Vitamin B2: 0.16mg (9.52%), Iron: 1.67mg (9.27%), Zinc: 1.3mg (8.67%), Vitamin B1: 0.13mg (8.63%), Vitamin B12: 0.51µg (8.54%), Vitamin B5: 0.84mg (8.36%), Folate: 28.02µg

(7%), Vitamin C: 5.74mg (6.96%), Calcium: 52.15mg (5.21%), Vitamin E: 0.55mg (3.69%)