



## Chunky Chicken Vegetable Soup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce chicken broth canned
- 2 tablespoons parsley fresh chopped
- 1 teaspoon oil
- 2 cups vegetables red assorted sliced chopped (such as carrots, broccoli florets and pepper)
- 0.5 pound chicken breasts boneless skinless cut into 1/2 inch cubes
- 2 cups water
- 1 cup rice white uncooked minute®

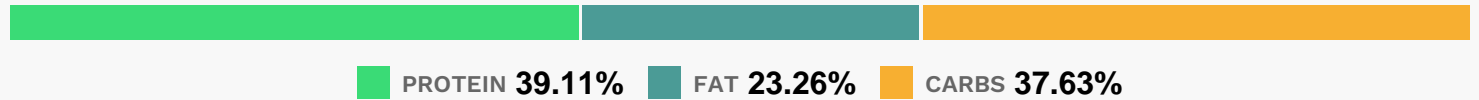
### Equipment

sauce pan

## Directions

- Cook and stir chicken in hot oil in large saucepan until browned.
- Add broth, water, vegetables and salad dressing mix. Bring to boil. Reduce heat to low; cover. Simmer 5 minutes.
- Stir in rice and parsley; cover.
- Remove from heat.
- Let stand 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.04, Glycemic Load:18.29, Inflammation Score:-6, Nutrition Score:18.33391306193%

## Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 358.88kcal (17.94%), Fat: 9.03g (13.89%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 31.36g (11.4%), Sugar: 0.68g (0.75%), Cholesterol: 70.14mg (23.38%), Sodium: 468.38mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.28%), Vitamin K: 65.96µg (62.82%), Selenium: 36.14µg (51.63%), Vitamin C: 35.14mg (42.6%), Vitamin B3: 7.55mg (37.75%), Vitamin B6: 0.62mg (31.09%), Phosphorus: 288.54mg (28.85%), Manganese: 0.49mg (24.42%), Zinc: 2.9mg (19.32%), Vitamin B12: 0.91µg (15.21%), Potassium: 460.05mg (13.14%), Vitamin B5: 1.24mg (12.37%), Magnesium: 46.05mg (11.51%), Vitamin B2: 0.19mg (11.17%), Iron: 1.9mg (10.54%), Vitamin A: 520.68IU (10.41%), Copper: 0.17mg (8.51%), Folate: 31.78µg (7.95%), Fiber: 1.48g (5.92%), Vitamin E: 0.83mg (5.51%), Vitamin B1: 0.08mg (5.48%), Calcium: 46.29mg (4.63%)