



Chunky Chicken Vegetable Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



31 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp parsley fresh chopped
- 0.5 cup rice white instant uncooked
- 1 tsp oil
- 0.7 oz env. seasons dressing mix italian good
- 2 cups vegetables mixed fresh red sliced chopped (broccoli florets, peppers, carrots)
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 1.5 cups water

Equipment

sauce pan

Directions

- Cook and stir chicken in hot oil in large saucepan on medium-high heat 5 min. or until done.
- Add broth, water, vegetables and dressing; stir. Bring to boil; cover. Simmer on low heat 5 min.
- Stir in rice and parsley.
- Remove from heat.
- Let stand, covered, 5 min.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:2.864782611799%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 30.74kcal (1.54%), Fat: 0.54g (0.82%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.23g (1.18%), Sugar: 0.03g (0.03%), Cholesterol: 5.81mg (1.94%), Sodium: 142.88mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin A: 767.69IU (15.35%), Vitamin B3: 1.34mg (6.71%), Selenium: 3.95µg (5.64%), Vitamin K: 5.13µg (4.89%), Vitamin B6: 0.09mg (4.33%), Phosphorus: 31.59mg (3.16%), Manganese: 0.06mg (2.8%), Vitamin B1: 0.04mg (2.72%), Fiber: 0.63g (2.5%), Folate: 9.94µg (2.48%), Vitamin C: 2.03mg (2.46%), Potassium: 71.34mg (2.04%), Vitamin B5: 0.18mg (1.81%), Iron: 0.32mg (1.79%), Magnesium: 6.55mg (1.64%), Vitamin B2: 0.03mg (1.5%), Copper: 0.02mg (1.24%)