



Classic Chicken Soup

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

READY IN



15 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns whole black
- 6 carrots peeled
- 4 celery stalks
- 3.5 pound meat from a rotisserie chicken
- 2.5 teaspoons kosher salt
- 1 large onion yellow quartered

Equipment

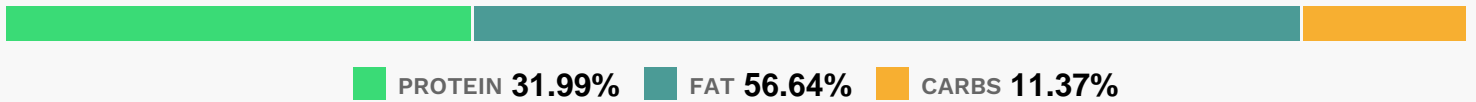
- bowl

- paper towels
- ladle
- pot

Directions

- Rinse the chicken inside and out and pat it dry with paper towels.
- Place the chicken in a large pot.
- Cut 3 of the carrots and 2 of the celery stalks into 1-inch pieces. Quarter the onion.
- Add the cut vegetables to the pot with the salt, peppercorns, and enough cold water to cover (about 8 cups). Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through, about 30 minutes.
- Transfer the chicken to a bowl and let cool. Strain the broth, discarding the vegetables. Return the broth to the pot. Thinly slice the remaining carrots and celery.
- Add them to the broth and simmer until tender, about 10 minutes. When the chicken is cool enough to handle, shred the meat and add it to the soup. Ladle into individual bowls.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:22.113478411799%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 465.43kcal (23.27%), Fat: 28.99g (44.6%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 9.55g (3.47%), Sugar: 5.99g (6.65%), Cholesterol: 142.88mg (47.63%), Sodium: 1654.84mg (71.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.84g (73.68%), Vitamin A: 15577.43IU (311.55%), Vitamin B3: 13.92mg (69.62%), Vitamin B6: 0.84mg (42.21%), Selenium: 27.79µg (39.69%), Phosphorus: 325.65mg

(32.56%), Potassium: 732.93mg (20.94%), Vitamin B5: 2.05mg (20.55%), Zinc: 2.8mg (18.67%), Manganese: 0.36mg (18.18%), Vitamin B2: 0.3mg (17.42%), Vitamin K: 18.06µg (17.2%), Fiber: 3.54g (14.17%), Magnesium: 55.19mg (13.8%), Vitamin C: 11.35mg (13.75%), Vitamin B1: 0.19mg (12.93%), Iron: 2.19mg (12.19%), Vitamin B12: 0.59µg (9.84%), Folate: 37.57µg (9.39%), Copper: 0.16mg (8.22%), Vitamin E: 1.21mg (8.03%), Calcium: 67.15mg (6.71%), Vitamin D: 0.38µg (2.54%)