



Classic Jewish Chicken Soup

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

READY IN

ready

90 min.

SERVINGS

servings

12

CALORIES

calories

227 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 large carrots peeled cut into cubes
- ☐ 3 stalks celery diced
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 1 large kohlrabi bulb diced peeled
- ☐ 2 leeks diced
- ☐ 2 large onions chopped
- ☐ 3 parsnips peeled cut into cubes
- ☐ 2 potatoes peeled cut into cubes

- ☐ 12 servings water to cover
- ☐ 1 meat from a rotisserie chicken whole

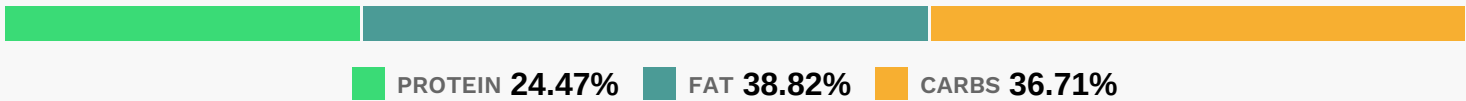
Equipment

- ☐ pot
- ☐ cutting board

Directions

- ☐ Put chicken in a large pot with the chopped onions.
- ☐ Pour enough water into the pot to cover; add dill, parsley, salt, and pepper. Bring to a boil, reduce heat to medium-low, and cook at a simmer for 45 minutes.
- ☐ Skim and discard any foam from the top of the simmering liquid.
- ☐ Remove chicken to a cutting board.
- ☐ Remove as much meat from the chicken bones as possible; cut into chunks.
- ☐ Return the liquid to a boil.
- ☐ Add carrots, potatoes, leeks, celery, kohlrabi, and parsnips to the boiling liquid. Reduce heat to medium-low and cook until the vegetables are tender, about 20 minutes. Stir cooked chicken chunks and chicken bouillon into the mixture. Season again with salt and pepper. Cook until the chicken is hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:9.15, Inflammation Score:-10, Nutrition Score:16.853043613227%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 226.56kcal (11.33%), Fat: 9.87g (15.18%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 16.33g (5.94%), Sugar: 5.37g (5.97%), Cholesterol: 47.61mg (15.87%), Sodium: 93.3mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Vitamin A: 4396.24IU (87.92%), Vitamin C: 27.7mg (33.58%), Vitamin B3: 5.37mg (26.85%), Vitamin B6: 0.49mg (24.28%), Manganese: 0.45mg (22.5%), Vitamin K: 23.54µg (22.42%), Fiber: 4.66g (18.62%), Potassium: 624.61mg (17.85%), Phosphorus: 170.07mg (17.01%), Folate: 59.86µg (14.96%), Selenium: 10.37µg (14.81%), Magnesium: 47.49mg (11.87%), Vitamin B5: 1.08mg (10.78%), Copper: 0.21mg (10.56%), Vitamin B1: 0.15mg (9.73%), Zinc: 1.32mg (8.81%), Iron: 1.58mg (8.8%), Vitamin B2: 0.14mg (8.25%), Vitamin E: 1.16mg (7.72%), Calcium: 61.75mg (6.17%), Vitamin B12: 0.2µg (3.28%)