



Corn and Chicken Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 6 peppercorns black
- ☐ 1 carrots peeled sliced
- ☐ 1 stalk celery chopped
- ☐ 2 pound meat from a rotisserie chicken whole skinless cut into pieces
- ☐ 8 ounce corn canned
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste

☐ 1 quart water or as needed

Equipment

☐ sauce pan

☐ pot

☐ wok

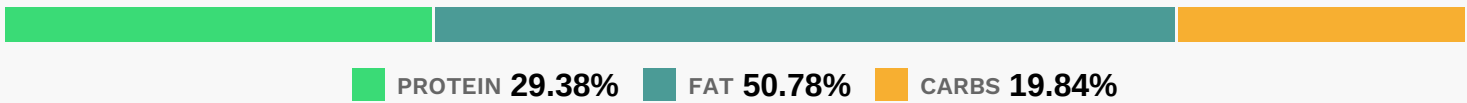
Directions

☐ In a large saucepan or wok over medium heat, combine chicken, onion, carrot, celery, peppercorns, bay leaf, salt, pepper and water. Bring to a boil, then reduce heat and simmer 30 minutes. Strain stock and reserve chicken.

☐ Return strained stock to pot and stir in creamed corn. Bring to a boil, then reduce heat and simmer 5 minutes. Shred cooked chicken meat and stir into pot.

☐ Heat through.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:12.906086921692%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 293.98kcal (14.7%), Fat: 16.72g (25.72%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 12.92g (4.7%), Sugar: 3.86g (4.28%), Cholesterol: 81.65mg (27.22%), Sodium: 449.47mg (19.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.53%), Vitamin A: 2789.85IU (55.8%), Vitamin B3: 8.16mg (40.82%), Vitamin B6: 0.48mg (23.95%), Selenium: 16.1µg (23.01%), Phosphorus: 204.92mg (20.49%), Zinc: 1.85mg (12.33%), Vitamin B5: 1.19mg (11.95%), Potassium: 398.84mg (11.4%), Vitamin B2: 0.18mg (10.77%), Folate: 42.71µg (10.68%), Magnesium: 39.75mg (9.94%), Vitamin C: 7.32mg (8.88%), Iron: 1.35mg (7.48%), Manganese:

0.15mg (7.42%), Copper: 0.14mg (7.15%), Fiber: 1.78g (7.12%), Vitamin B1: 0.1mg (6.93%), Vitamin K: 6.93µg (6.6%),
Vitamin B12: 0.34µg (5.62%), Calcium: 37.12mg (3.71%), Vitamin E: 0.5mg (3.34%), Vitamin D: 0.22µg (1.45%)