



Country Chicken-and-Buttermilk Soup

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 carrots peeled chopped
- ☐ 1 rib celery chopped
- ☐ 1.5 pounds skinned and boned chicken breast halves
- ☐ 5 cups chicken broth fat-free low-sodium
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup corn kernels fresh
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup peas fresh green

- ☐ 2 cups nonfat buttermilk
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 medium size potatoes red cut into wedges
- ☐ 0.5 teaspoon salt
- ☐ 0.3 large onion white coarsely chopped
- ☐ 1 teaspoon worcestershire sauce

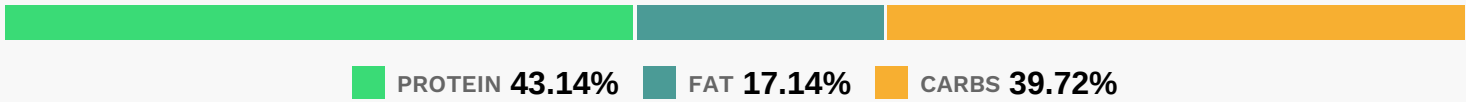
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring chicken and broth to a boil in a large saucepan, and cook 5 to 7 minutes or until done.
- ☐ Drain, reserving 4 cups broth.
- ☐ Let chicken cool, and chop.
- ☐ Melt butter in a Dutch oven; add potato wedges and next 3 ingredients, and saute 3 to 4 minutes or until onion is tender.
- ☐ Add reserved broth, and simmer 30 minutes or until potato is tender.
- ☐ Add chicken, peas, corn, and parsley.
- ☐ Stir together buttermilk and flour until smooth; add to potato mixture, and cook, stirring constantly, 5 minutes. Stir in salt, red pepper, and Worcestershire sauce. Prep: 30 min., Cook: 46 min.

Nutrition Facts



Properties

Glycemic Index:32.15, Glycemic Load:4.89, Inflammation Score:-7, Nutrition Score:15.327826015327%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 223.1kcal (11.16%), Fat: 4.2g (6.46%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 19.83g (7.21%), Sugar: 5.43g (6.03%), Cholesterol: 55.61mg (18.54%), Sodium: 921.74mg (40.08%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.78g (47.55%), Vitamin B3: 11.16mg (55.78%), Selenium: 33.53µg (47.9%), Vitamin B6: 0.79mg (39.44%), Phosphorus: 257.22mg (25.72%), Potassium: 685.81mg (19.59%), Vitamin A: 895.46IU (17.91%), Vitamin B5: 1.66mg (16.6%), Vitamin C: 11.89mg (14.42%), Vitamin B1: 0.21mg (14.21%), Vitamin K: 12.91µg (12.3%), Vitamin B2: 0.19mg (11.4%), Magnesium: 44.84mg (11.21%), Manganese: 0.22mg (11.18%), Folate: 40.93µg (10.23%), Iron: 1.56mg (8.67%), Fiber: 2.06g (8.25%), Copper: 0.16mg (8.03%), Vitamin B12: 0.46µg (7.59%), Zinc: 0.94mg (6.24%), Calcium: 31.47mg (3.15%), Vitamin E: 0.32mg (2.15%)