



Country Chicken Soup

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots sliced
- ☐ 1 stalk celery sliced
- ☐ 10 ounce premium chicken breast in water chunk drained swanson® canned
- ☐ 42 ounce chicken broth swanson® canned
- ☐ 1 small onion finely chopped
- ☐ 0.1 teaspoon poultry seasoning
- ☐ 0.5 cup regular rice long-grain white uncooked
- ☐ 0.1 teaspoon thyme leaves dried crushed

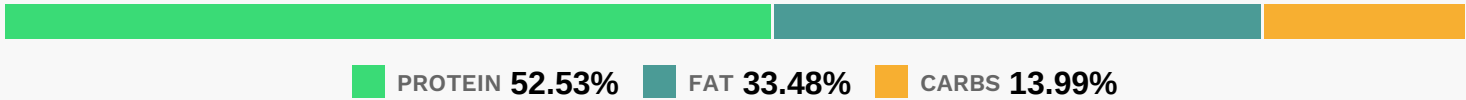
Equipment

☐ sauce pan

Directions

- ☐ Mix broth, poultry seasoning, thyme, carrot, celery and onion in saucepan.
- ☐ Heat to a boil. Stir in rice. Cover.
- ☐ Cook over low heat 20 minutes or until rice is done.
- ☐ Add chicken and heat through.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:12.02, Inflammation Score:-9, Nutrition Score:28.373043474944%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 730.8kcal (36.54%), Fat: 26.18g (40.27%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.42g (8.51%), Sugar: 1.63g (1.81%), Cholesterol: 194.19mg (64.73%), Sodium: 1537.38mg (66.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.42g (184.84%), Selenium: 81.09µg (115.84%), Vitamin B3: 15.11mg (75.56%), Phosphorus: 643.85mg (64.38%), Vitamin A: 3145.67IU (62.91%), Vitamin B6: 1.18mg (59.24%), Zinc: 8.19mg (54.58%), Vitamin B12: 3.12µg (51.97%), Iron: 4.45mg (24.74%), Potassium: 845.42mg (24.15%), Vitamin B2: 0.4mg (23.5%), Magnesium: 85.69mg (21.42%), Manganese: 0.32mg (16.11%), Vitamin B5: 1.33mg (13.32%), Vitamin K: 12.53µg (11.93%), Copper: 0.24mg (11.85%), Vitamin E: 1.24mg (8.3%), Calcium: 65.63mg (6.56%), Vitamin B1: 0.08mg (5.46%), Folate: 20.58µg (5.14%), Fiber: 1.2g (4.8%), Vitamin C: 3.46mg (4.2%), Vitamin D: 0.37µg (2.46%)