



Country Chicken Vegetable Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce premium chicken breast in water chunk undrained swanson® canned
- 42 ounce natural chicken broth swanson® canned
- 1 tablespoon parsley fresh chopped
- 16 ounce vegetables mixed drained canned
- 0.5 cup regular rice long-grain white uncooked

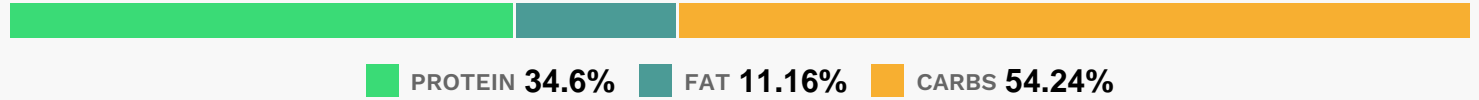
Equipment

- sauce pan

Directions

- In large saucepan mix broth and rice. Over medium-high heat, heat to a boil. Reduce heat to low. Cover and cook 20 minutes or until rice is done.
- Stir in parsley, vegetables and chicken.
- Heat through.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:15.97, Inflammation Score:-10, Nutrition Score:20.392608615367%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 256kcal (12.8%), Fat: 3.21g (4.94%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 30.26g (11%), Sugar: 1.32g (1.46%), Cholesterol: 51.31mg (17.1%), Sodium: 1241.58mg (53.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.81%), Vitamin A: 5869.81IU (117.4%), Vitamin B3: 9.85mg (49.23%), Selenium: 27.82µg (39.74%), Vitamin B6: 0.68mg (33.93%), Manganese: 0.68mg (33.87%), Phosphorus: 254.82mg (25.48%), Vitamin B2: 0.36mg (20.89%), Fiber: 4.87g (19.48%), Vitamin B1: 0.26mg (17.55%), Vitamin C: 13.97mg (16.94%), Potassium: 588.35mg (16.81%), Vitamin K: 16.56µg (15.78%), Vitamin B5: 1.46mg (14.6%), Magnesium: 54.9mg (13.73%), Copper: 0.22mg (11.08%), Iron: 1.79mg (9.97%), Folate: 39.09µg (9.77%), Zinc: 1.39mg (9.28%), Calcium: 51.65mg (5.17%), Vitamin B12: 0.2µg (3.35%), Vitamin E: 0.29mg (1.91%)