



 **9%**  
HEALTH SCORE

## Creamy Chicken Orzo Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons olive oil
- 1 cup celery thinly sliced
- 1 cup baby carrots thinly sliced
- 1 small onion chopped
- 1 teaspoon kosher salt
- 1 teaspoon pepper fresh black
- 12.5 oz chicken chunk drained canned
- 29 oz chicken broth canned

- 0.1 teaspoon poultry seasoning
- 1 cup orzo pasta uncooked
- 1 cup cream of chicken soup

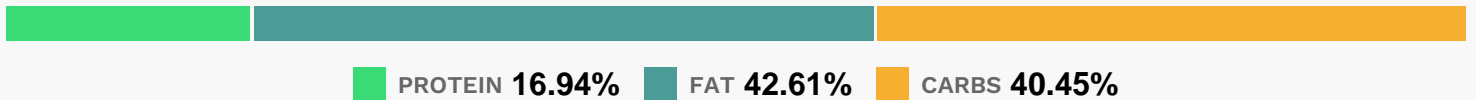
## Equipment

- pot

## Directions

- In a large pot over medium heat, saute the vegetables in olive oil for about 10 minutes, until vegetables are tender.
- Add the drained can of chicken and stir.
- Season the chicken and vegetables with salt and pepper. Stir.
- Increase the heat to medium-high and add the chicken broth plus 2 cans of warm water and stir.
- Allow the soup to simmer for 15 minutes then add the uncooked pasta and seasoning. Stir.
- Let the soup simmer for 20 minutes, stirring occasionally.
- Add the condensed soup, stir until the broth is creamy and serve.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:13.73, Inflammation Score:-10, Nutrition Score:16.649565217391%

## Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg 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: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Taste

Sweetness: 59.14%, Saltiness: 100%, Sourness: 25.16%, Bitterness: 44.77%, Savoriness: 76.19%, Fattiness: 83.59%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 384.65kcal (19.23%), Fat: 18.16g (27.94%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 35.84g (13.03%), Sugar: 4.83g (5.37%), Cholesterol: 41.04mg (13.68%), Sodium: 1864.3mg (81.06%), Protein: 16.24g (32.49%), Vitamin A: 4709.21IU (94.18%), Selenium: 32.35µg (46.21%), Manganese: 0.66mg (32.79%), Vitamin B3: 4.51mg (22.57%), Vitamin K: 19.27µg (18.35%), Phosphorus: 182.13mg (18.21%), Vitamin B2: 0.26mg (15.03%), Copper: 0.3mg (14.78%), Vitamin B6: 0.28mg (13.88%), Iron: 2.17mg (12.05%), Fiber: 2.96g (11.85%), Potassium: 406.16mg (11.6%), Vitamin E: 1.68mg (11.18%), Magnesium: 41.69mg (10.42%), Zinc: 1.54mg (10.26%), Vitamin B5: 0.91mg (9.07%), Vitamin B1: 0.13mg (8.95%), Folate: 31.79µg (7.95%), Calcium: 57.23mg (5.72%), Vitamin C: 3.66mg (4.44%), Vitamin B12: 0.17µg (2.88%)