



Creamy Shell Soup

READY IN



45 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup celery chopped
- ☐ 3 cubes chicken bouillon
- ☐ 24 ounces chicken meat boneless skinless
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 green onions chopped
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 teaspoon ground pepper white

- ☐ 0.3 cup butter
- ☐ 4 cups milk
- ☐ 1 cup onion diced
- ☐ 2 cups seashell pasta
- ☐ 2 potatoes diced
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon seasoning salt
- ☐ 4 cups water

Equipment

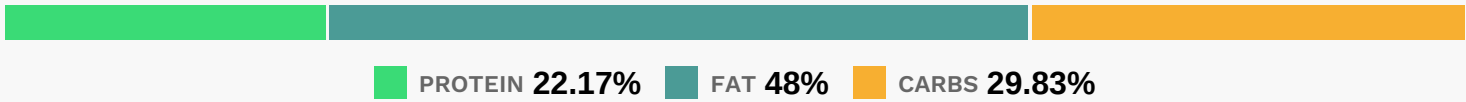
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook for 8 to 10 minutes or until al dente.
- ☐ Drain, and set aside.
- ☐ Simmer water, chicken, diced onions, celery, minced parsley, bay leaf, salt and pepper in Dutch oven until chicken is tender.
- ☐ Remove bay leaf; discard.
- ☐ Remove chicken; cool.
- ☐ Add potatoes, green onions, bouillon cubes, seasoned salt and poultry seasoning to broth. Simmer 15 minutes.
- ☐ Add milk, cooked pasta, and chicken; return to simmer.
- ☐ Melt butter or margarine over medium heat.
- ☐ Add flour, stirring constantly, until mixture begins to brown.
- ☐ Add to soup; blend well.
- ☐ Let soup stand 20 minutes to blend flavors. Season to taste.

Garnish with nutmeg and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:16.19, Inflammation Score:-7, Nutrition Score:17.800434610118%

Flavonoids

Apigenin: 3.32mg, Apigenin: 3.32mg, Apigenin: 3.32mg, Apigenin: 3.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 430.11kcal (21.51%), Fat: 22.84g (35.14%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 29.53g (10.74%), Sugar: 7.78g (8.64%), Cholesterol: 78.43mg (26.14%), Sodium: 625.59mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Vitamin K: 41.71µg (39.73%), Selenium: 25.7µg (36.71%), Vitamin B3: 7.05mg (35.26%), Phosphorus: 323.06mg (32.31%), Vitamin B6: 0.59mg (29.32%), Vitamin C: 16.6mg (20.13%), Vitamin B2: 0.33mg (19.55%), Potassium: 672.33mg (19.21%), Calcium: 189.51mg (18.95%), Manganese: 0.32mg (16.24%), Vitamin A: 776.46IU (15.53%), Vitamin B12: 0.93µg (15.49%), Vitamin B5: 1.52mg (15.17%), Vitamin B1: 0.22mg (14.8%), Magnesium: 59mg (14.75%), Zinc: 2.11mg (14.04%), Iron: 1.85mg (10.3%), Vitamin D: 1.51µg (10.08%), Fiber: 2.41g (9.65%), Copper: 0.19mg (9.35%), Folate: 34.9µg (8.72%), Vitamin E: 0.62mg (4.12%)