



## Easy Chicken Soup

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cups carrots
- 28 oz chicken broth canned
- 2 Tbsp parsley fresh chopped
- 30 servings & easy matzo balls quick
- 2 tsp oil
- 0.3 cup onion chopped
- 1 env. seasons dressing mix italian good
- 1 lb chicken breasts boneless skinless cut into 1-inch chunks

3 cups water

## Equipment

sauce pan

## Directions

- Cook and stir chicken and onion in hot oil in large saucepan on medium-high heat until chicken is cooked through.
- Add broth, water, carrots and dressing mix. Bring to boil. Reduce heat to low; cover. Simmer 5 min. or until carrots are tender.
- Stir in parsley.
- Serve with Quick & Easy Matzo Balls.

## Nutrition Facts

 **PROTEIN 54.27%**  **FAT 34.71%**  **CARBS 11.02%**

## Properties

Glycemic Index:3.53, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:4.9104347449282%

## Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 77kcal (3.85%), Fat: 2.87g (4.42%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.47g (0.52%), Cholesterol: 22.91mg (7.64%), Sodium: 154.84mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Vitamin A: 1498.32IU (29.97%), Selenium: 10.09µg (14.42%), Vitamin B3: 2.34mg (11.7%), Vitamin B6: 0.18mg (8.91%), Phosphorus: 76.64mg (7.66%), Vitamin K: 6.14µg (5.85%), Zinc: 0.78mg (5.23%), Vitamin B12: 0.29µg (4.91%), Potassium: 128.2mg (3.66%), Vitamin B2: 0.05mg (2.94%), Magnesium: 10.73mg (2.68%), Iron: 0.48mg (2.64%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.22mg (1.5%), Vitamin C: 1.12mg (1.36%), Vitamin B1: 0.02mg (1.33%), Copper: 0.03mg (1.32%), Fiber: 0.3g (1.2%), Manganese: 0.02mg (1.15%)