

## Easy Cream of Chicken Rice Soup

READY IN



60 min.

SERVINGS



12

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bay leaves
- 1 tablespoon butter
- 3 cups chicken stock see
- 10 sprigs flat parsley italian
- 3 tablespoons flour all-purpose
- 3 sprigs thyme sprigs fresh
- 2 cloves garlic finely chopped
- 1 cup rice instant uncooked
- 3 cups milk

- 1 teaspoon old bay seasoning
- 2 tablespoons olive oil
- 0.5 small onion chopped
- 12 servings salt and pepper to taste
- 2 chicken breast halves shredded boneless skinless
- 1 cup water

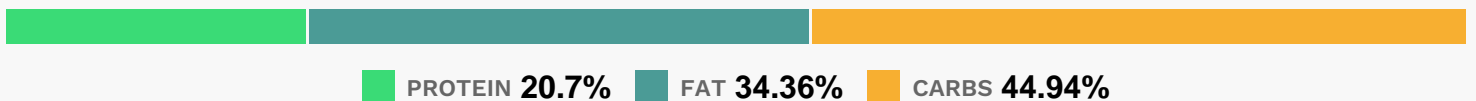
## Equipment

- pot
- kitchen twine

## Directions

- Heat the olive oil in a large pot over medium heat.
- Place chicken in the pot, season with salt and pepper, and cook 5 minutes, until juices run clear.
- Remove chicken, and set aside. Reduce heat to medium-low. Melt butter in the pot. Stir in onion and garlic and cook 5 minutes. Stir in flour, and cook until lightly browned.
- With a piece of kitchen twine, tie together the parsley sprigs, thyme sprigs, and bay leaf.
- Pour stock and milk into the pot, and stir in the cooked chicken.
- Place herb bundle into soup. Simmer 25 minutes.
- Bring the water to a boil in a separate pot, and stir in instant rice. Cover, reduce heat to low, and simmer 5 minutes.
- Remove and discard herb bundle from soup. Stir in cooked rice and season with Old Bay before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.85, Glycemic Load:9.66, Inflammation Score:-4, Nutrition Score:7.3530434577361%

## Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 174.76kcal (8.74%), Fat: 6.59g (10.14%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 19g (6.91%), Sugar: 4.05g (4.5%), Cholesterol: 23.68mg (7.89%), Sodium: 334.7mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.87%), Vitamin B3: 3.36mg (16.81%), Selenium: 11.58µg (16.54%), Vitamin K: 16.88µg (16.07%), Phosphorus: 140.05mg (14%), Vitamin B6: 0.25mg (12.73%), Manganese: 0.22mg (10.81%), Vitamin B2: 0.17mg (10.29%), Calcium: 88.85mg (8.89%), Potassium: 257.85mg (7.37%), Vitamin B5: 0.67mg (6.73%), Vitamin B1: 0.1mg (6.43%), Vitamin B12: 0.37µg (6.15%), Magnesium: 20.73mg (5.18%), Vitamin D: 0.69µg (4.6%), Vitamin A: 222.51IU (4.45%), Zinc: 0.66mg (4.39%), Copper: 0.08mg (4.24%), Iron: 0.59mg (3.3%), Vitamin E: 0.47mg (3.17%), Vitamin C: 2.25mg (2.73%), Folate: 10.65µg (2.66%), Fiber: 0.39g (1.58%)