



Escarole Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 5 ounces endive packed coarsely chopped
- 0.5 cup less-sodium chicken broth dry white fat-free
- 6 cups less-sodium chicken broth fat-free
- 1 teaspoon thyme leaves fresh
- 3 garlic cloves minced
- 2 teaspoons olive oil
- 1 cup onion chopped (1 medium)

- 0.5 cup rice long-grain uncooked
- 2 cups roasted boneless skinless chopped
- 0.3 teaspoon salt

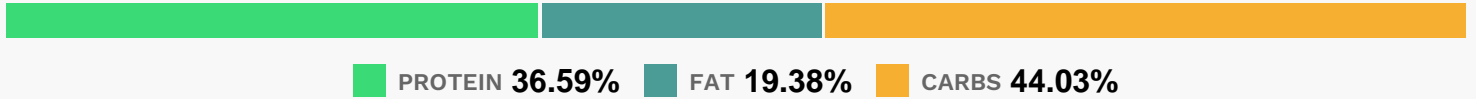
Equipment

- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat.
- Add onion and garlic; saut 7 minutes or until tender and lightly browned.
- Add escarole; saut 2 minutes or just until escarole wilts.
- Add wine; cook 1 minute.
- Add broth and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender. Discard bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:29.74, Glycemic Load:6.99, Inflammation Score:-6, Nutrition Score:11.065217371868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 130.46kcal (6.52%), Fat: 2.77g (4.27%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 12.92g (4.7%), Sugar: 1.36g (1.52%), Cholesterol: 27.43mg (9.14%), Sodium: 1001.18mg (43.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Vitamin K: 47.68µg (45.41%), Vitamin B3: 5.98mg (29.9%), Selenium: 20.68µg (29.55%), Vitamin B6: 0.42mg (21.04%), Manganese: 0.32mg (15.79%), Phosphorus: 142.97mg (14.3%), Vitamin B5: 1.22mg (12.17%), Potassium: 340.96mg (9.74%), Folate: 38.17µg (9.54%),

Vitamin A: 466.7IU (9.33%), Vitamin B12: 0.51µg (8.45%), Vitamin B2: 0.12mg (6.93%), Copper: 0.12mg (5.76%), Magnesium: 22.68mg (5.67%), Vitamin B1: 0.08mg (5.39%), Vitamin C: 4.39mg (5.32%), Fiber: 1.26g (5.04%), Iron: 0.86mg (4.78%), Zinc: 0.65mg (4.36%), Calcium: 33.73mg (3.37%), Vitamin E: 0.36mg (2.37%)