



Escarole Soup with Chicken and Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots chopped
- 1 rib celery chopped
- 7.5 cups chicken broth low-sodium homemade canned
- 0.8 pound endive washed and cut into 1/2-inch ribbons (1 small head)
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 3 tablespoons olive oil

- 1 onion chopped
- 6 tablespoons parmesan grated
- 0.8 cup rice
- 1.5 teaspoons salt
- 1.3 pounds chicken breasts boneless skinless cut into 1/2-inch dice (4 in all)

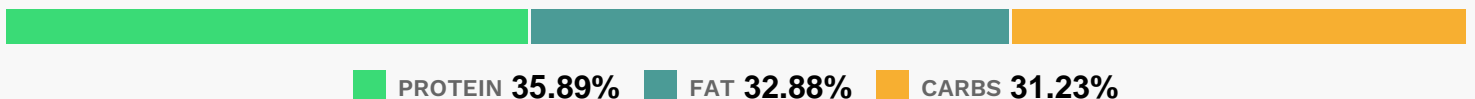
Equipment

- pot

Directions

- In a large pot, heat the oil over moderately low heat.
- Add the carrot, onion, celery, and garlic and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- Add the broth, rice, and salt. Bring to a boil. Reduce the heat and simmer, partially covered, for 10 minutes.
- Add the escarole to the pot. Bring to a simmer and cook until the escarole is almost tender, about 5 minutes.
- Add the chicken and pepper. Bring to a simmer and continue simmering for just 1 minute. The chicken should be done.
- Remove the pot from the heat. Stir in the parsley and Parmesan.
- Variation: For a richer soup, stir two well-beaten eggs into the pot along with the parsley and Parmesan cheese (after removing the pot from the heat).
- Wine Recommendation: Avoid a red wine--its tannins will accentuate the bitterness of the greens. Instead, try a rich tocai friulano, the nuttiness of which will complement the escarole.

Nutrition Facts



Properties

Glycemic Index:83.25, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:37.328695494196%

Flavonoids

Apigenin: 4.61mg, Apigenin: 4.61mg, Apigenin: 4.61mg, Apigenin: 4.61mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.86mg, Kaempferol: 8.86mg, Kaempferol: 8.86mg, Kaempferol: 8.86mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 530.92kcal (26.55%), Fat: 19.53g (30.04%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 37.4g (13.6%), Sugar: 2.96g (3.29%), Cholesterol: 101.87mg (33.96%), Sodium: 1342.3mg (58.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.96g (95.91%), Vitamin K: 241.56µg (230.06%), Vitamin B3: 23.01mg (115.06%), Vitamin A: 4710.17IU (94.2%), Selenium: 56.11µg (80.16%), Vitamin B6: 1.36mg (67.93%), Phosphorus: 587.88mg (58.79%), Manganese: 0.91mg (45.69%), Potassium: 1395.49mg (39.87%), Folate: 145.01µg (36.25%), Vitamin B5: 3.44mg (34.35%), Vitamin B2: 0.42mg (24.55%), Copper: 0.47mg (23.32%), Calcium: 193.3mg (19.33%), Magnesium: 76.35mg (19.09%), Zinc: 2.73mg (18.22%), Fiber: 4.33g (17.34%), Vitamin C: 14.18mg (17.19%), Iron: 2.92mg (16.24%), Vitamin E: 2.38mg (15.88%), Vitamin B1: 0.22mg (14.99%), Vitamin B12: 0.83µg (13.91%), Vitamin D: 0.19µg (1.26%)