



WHATSheATE



HEALTH SCORE

61%

Fall Vegetable Soup with Black-Eyed Peas and Grilled Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup aniseed diced trimmed
- ☐ 15 oz black-eyed peas rinsed drained canned
- ☐ 2 cups carrots diced
- ☐ 4 cups chicken broth organic swanson® (regular, Natural or Certified)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onions diced

- ☐ 2 cups parsnips diced
- ☐ 0.8 pound chicken breast boneless skinless (2)

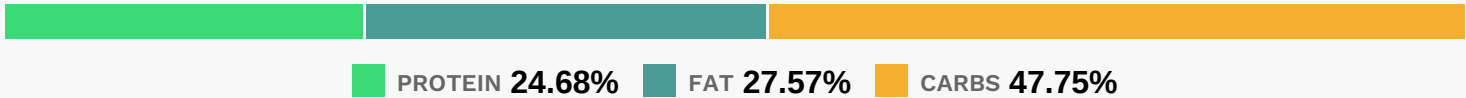
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until the chicken is cooked through, turning the chicken halfway through cooking.
- ☐ Remove the chicken to a cutting surface.
- ☐ Let cool for 5 minutes.
- ☐ Cut into strips. Set aside.
- ☐ Heat the oil in a 6-quart saucepot over medium heat.
- ☐ Add the onions, carrots, parsnips and fennel. Cook for 5 minutes or until the vegetables are tender.
- ☐ Add the broth and heat to a boil. Reduce the heat to medium-low and cook for 30 minutes or until the vegetables are very tender. Stir in the chicken, peas and parsley and heat through. Season to taste. Divide the soup mixture among 8 serving bowls.

Nutrition Facts



Properties

Glycemic Index:25.48, Glycemic Load:7.75, Inflammation Score:-10, Nutrition Score:29.956087061892%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

8.52mg

Nutrients (% of daily need)

Calories: 302.21kcal (15.11%), Fat: 10.06g (15.47%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 28.18g (10.25%), Sugar: 7.08g (7.86%), Cholesterol: 29.57mg (9.86%), Sodium: 519.75mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin A: 5546.01IU (110.92%), Iron: 12.96mg (72.01%), Manganese: 1.28mg (63.91%), Fiber: 11.01g (44.04%), Folate: 152.7µg (38.17%), Phosphorus: 354.03mg (35.4%), Vitamin B6: 0.69mg (34.34%), Vitamin B3: 6.47mg (32.34%), Vitamin K: 31.36µg (29.87%), Potassium: 1043.48mg (29.81%), Magnesium: 108.66mg (27.17%), Copper: 0.51mg (25.6%), Selenium: 17.72µg (25.31%), Calcium: 243.77mg (24.38%), Vitamin C: 18.76mg (22.74%), Vitamin B1: 0.33mg (22.01%), Zinc: 2.93mg (19.56%), Vitamin B2: 0.27mg (16.11%), Vitamin B5: 1.41mg (14.11%), Vitamin E: 1.5mg (10.02%), Vitamin B12: 0.11µg (1.81%)