

## Garden Soup

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**491 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 ounce baby spinach
- 1 teaspoon peppercorns whole black
- 6 carrots peeled
- 4 celery stalks
- 3.5 pound meat from a rotisserie chicken
- 24 basil leaves fresh
- 2.5 teaspoons kosher salt
- 2 large tomatoes roughly chopped

1 large onion yellow quartered

## Equipment

bowl

paper towels

ladle

pot

## Directions

Rinse the chicken inside and out and pat it dry with paper towels.

Place the chicken in a large pot.

Cut 3 of the carrots and 2 of the celery stalks into 1-inch pieces. Quarter the onion.

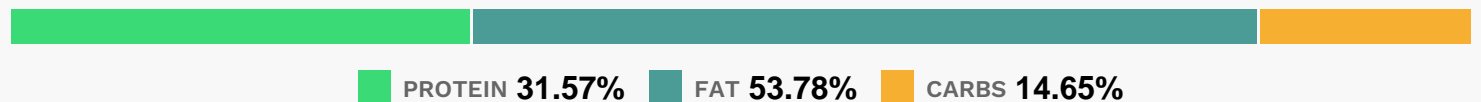
Add the cut vegetables to the pot with the salt, peppercorns, and enough cold water to cover (about 8 cups). Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through, about 30 minutes.

Transfer the chicken to a bowl and let cool. Strain the broth, discarding the vegetables. Return the broth to the pot. Thinly slice the remaining carrots and celery.

Add them plus the tomatoes to the broth and simmer until tender, about 10 minutes. When the chicken is cool enough to handle, shred the meat.

Add it plus the spinach and basil to the soup. Cook until the spinach wilts, about 1 minute. Ladle into individual bowls.

## Nutrition Facts



## Properties

Glycemic Index:69.46, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:32.45304339865%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.81mg,

Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

## **Nutrients (% of daily need)**

Calories: 490.51kcal (24.53%), Fat: 29.33g (45.12%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 12.53g (4.56%), Sugar: 8.54g (9.49%), Cholesterol: 142.88mg (47.63%), Sodium: 1687.48mg (73.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Vitamin A: 19784.98IU (395.7%), Vitamin K: 206.37µg (196.54%), Vitamin B3: 14.74mg (73.72%), Vitamin B6: 0.99mg (49.49%), Vitamin C: 34.2mg (41.46%), Manganese: 0.81mg (40.64%), Selenium: 28.15µg (40.21%), Phosphorus: 366.19mg (36.62%), Potassium: 1153.42mg (32.95%), Folate: 121.6µg (30.4%), Magnesium: 94.73mg (23.68%), Vitamin B2: 0.38mg (22.48%), Fiber: 5.45g (21.81%), Vitamin B5: 2.16mg (21.64%), Zinc: 3.16mg (21.09%), Iron: 3.48mg (19.32%), Vitamin B1: 0.26mg (17.07%), Vitamin E: 2.44mg (16.23%), Copper: 0.27mg (13.67%), Calcium: 115.58mg (11.56%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)