



George's Stone House Soup

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

READY IN



90 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bag baby carrots chopped
- 1 butternut squash cubed peeled seeded
- 1 small head cauliflower
- 3 pound meat from a rotisserie chicken
- 14 ounce chicken broth canned
- 1 tablespoon curry powder
- 1 bunch parsley fresh chopped
- 2 teaspoons hot sauce to taste

- 1 bunch kale chopped
- 1 onion chopped
- 2 teaspoons oregano dried
- 1 small stick pepperoni cubed
- 2 potatoes cubed peeled
- 1 teaspoon pepper flakes red
- 2 teaspoons salt
- 1 pound stone cleaned well

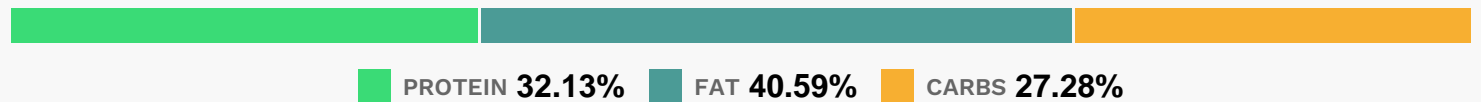
Equipment

- pot

Directions

- Fill a very large stock pot about halfway with water and bring it to a boil over high heat.
- Add the stone, if using, and the chicken. Return this to a boil, reduce the heat to medium, and simmer for 30 minutes, skimming any foam that may rise to the top.
- Add the remaining ingredients and cook until the vegetables are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.59, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:34.597826444584%

Flavonoids

Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg Kaempferol: 8.35mg, Kaempferol: 8.35mg, Kaempferol: 8.35mg, Kaempferol: 8.35mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 412.36kcal (20.62%), Fat: 19g (29.23%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 28.74g (9.58%),
Net Carbohydrates: 20.91g (7.6%), Sugar: 4.76g (5.29%), Cholesterol: 86.16mg (28.72%), Sodium: 1564.44mg
(68.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.67%), Vitamin A: 12533.19IU (250.66%),
Vitamin K: 194.83µg (185.55%), Vitamin C: 74.2mg (89.94%), Selenium: 41.45µg (59.22%), Vitamin B3: 9.3mg
(46.52%), Vitamin B6: 0.85mg (42.48%), Manganese: 0.77mg (38.73%), Phosphorus: 354.52mg (35.45%),
Potassium: 1109.39mg (31.7%), Fiber: 7.84g (31.34%), Magnesium: 116.08mg (29.02%), Iron: 4.68mg (26.02%),
Vitamin B1: 0.34mg (22.93%), Folate: 88.58µg (22.15%), Zinc: 3.28mg (21.87%), Vitamin B2: 0.32mg (18.59%),
Calcium: 177.47mg (17.75%), Vitamin B5: 1.74mg (17.36%), Vitamin E: 2.5mg (16.68%), Copper: 0.28mg (14.06%),
Vitamin B12: 0.75µg (12.51%), Vitamin D: 0.21µg (1.43%)