



Ginger Chicken Soup with Vegetables



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups carrots peeled chopped
- ☐ 2 cups celery stalks thinly sliced
- ☐ 16 cups chicken broth low-sodium
- ☐ 3 tablespoons ginger fresh minced
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings maple syrup
- ☐ 2 tablespoons olive oil

- ☐ 1.5 cups parsnips peeled chopped
- ☐ 0.3 cup peas frozen thawed
- ☐ 1 small onion red thinly sliced
- ☐ 3 spring onion trimmed sliced
- ☐ 1.5 cups turnip peeled chopped

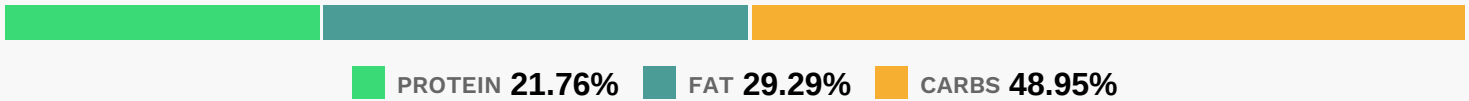
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large saucepan or stockpot, heat the oil over medium heat.
- ☐ Add the ginger, garlic, and onion and cook, stirring occasionally, for 2 minutes.
- ☐ Add the parsnips, turnip, carrots, celery, broth, and salt and bring to a boil. Simmer, covered, until the vegetables are tender, 15 to 20 minutes.
- ☐ Add the chicken, cover, and cook for 5 minutes.
- ☐ Remove from heat, stir in the peas and scallions, and let sit, covered, for 1 minute.
- ☐ Serve with Maple-Glazed Walnut Biscuits.

Nutrition Facts



Properties

Glycemic Index:97.17, Glycemic Load:13.21, Inflammation Score:-10, Nutrition Score:28.699565047803%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 375.95kcal (18.8%), Fat: 13.21g (20.32%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 42.64g (15.51%), Sugar: 22.58g (25.09%), Cholesterol: 0mg (0%), Sodium: 691.2mg (30.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.15%), Vitamin A: 8428.54IU (168.57%), Vitamin B3: 14.51mg (72.57%), Vitamin K: 58.4µg (55.62%), Manganese: 1.08mg (53.75%), Potassium: 1547.3mg (44.21%), Vitamin C: 32.64mg (39.56%), Vitamin B2: 0.67mg (39.31%), Phosphorus: 390.28mg (39.03%), Copper: 0.68mg (34.01%), Fiber: 7.02g (28.06%), Folate: 87.51µg (21.88%), Vitamin B6: 0.38mg (19.1%), Iron: 3.17mg (17.61%), Vitamin B12: 0.94µg (15.73%), Vitamin E: 2.31mg (15.37%), Calcium: 149.17mg (14.92%), Magnesium: 56.15mg (14.04%), Zinc: 1.97mg (13.11%), Vitamin B1: 0.18mg (11.7%), Vitamin B5: 0.73mg (7.29%), Selenium: 2.26µg (3.22%)