



Grandpa's Garden Chicken Soup

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 medium head cabbage chopped
- 2 carrots sliced
- 1 stalk celery with leaves, cut into chunks
- 3 cubes chicken bouillon
- 2 ears corn sweet
- 0.3 cup basil fresh chopped
- 4 ounces green beans fresh trimmed
- 0.3 cup parsley fresh chopped

- 1 tablespoon garlic chopped
- 1 pinch salt and ground pepper black to taste
- 2 kohlrabi bulbs diced peeled
- 0.5 large onion chopped
- 1 tomatoes chopped
- 1 large turnip diced
- 12 servings water to cover
- 1 meat from a rotisserie chicken whole quartered
- 2 yukon gold potatoes diced

Equipment

- pot
- cutting board

Directions

- Put chicken pieces in a large stockpot; pour enough water over chicken to cover completely.
- Add onion, celery, bouillon cubes, basil, parsley, garlic, salt, and pepper to the pot; bring to a simmer over medium-high heat. Cook at a simmer until the chicken is cooked through and tender, about 1 hour.
- Remove and discard celery chunks.
- Remove chicken to a cutting board to cool; cut as much meat as possible from the bones and chop roughly. Return chicken to stock.
- Stir potatoes, kohlrabi, carrots, and turnip into the soup; cook until the vegetables are tender, about 20 minutes.
- Add cabbage, corn, green beans, and tomato; cook until the green beans are tender, 7 to 10 minutes more.

Nutrition Facts



PROTEIN 27.61% **FAT 42.78%** **CARBS 29.61%**

Properties

Glycemic Index:47.88, Glycemic Load:5.65, Inflammation Score:-9, Nutrition Score:16.256956499556%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.82mg, Apigenin: 2.82mg, Apigenin: 2.82mg, Apigenin: 2.82mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 205.18kcal (10.26%), Fat: 9.96g (15.32%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 11.58g (4.21%), Sugar: 4.99g (5.54%), Cholesterol: 47.61mg (15.87%), Sodium: 95.09mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.93%), Vitamin K: 60.15µg (57.28%), Vitamin C: 45.85mg (55.58%), Vitamin A: 2159.47IU (43.19%), Vitamin B3: 5.4mg (27.02%), Vitamin B6: 0.47mg (23.68%), Phosphorus: 162.54mg (16.25%), Potassium: 566.46mg (16.18%), Fiber: 3.93g (15.73%), Selenium: 9.92µg (14.17%), Manganese: 0.27mg (13.68%), Folate: 48.44µg (12.11%), Magnesium: 44.93mg (11.23%), Vitamin B5: 1.01mg (10.05%), Vitamin B1: 0.15mg (10.01%), Copper: 0.19mg (9.3%), Vitamin B2: 0.14mg (8.34%), Zinc: 1.23mg (8.19%), Iron: 1.47mg (8.19%), Calcium: 58mg (5.8%), Vitamin E: 0.57mg (3.8%), Vitamin B12: 0.2µg (3.28%)