



Hearty Chicken Vegetable Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 medium carrots
- ☐ 2 slices celery stalks
- ☐ 1.8 cups chicken broth
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped

- ☐ 1 teaspoon salt
- ☐ 1 lb chicken breast boneless skinless
- ☐ 4 cups water

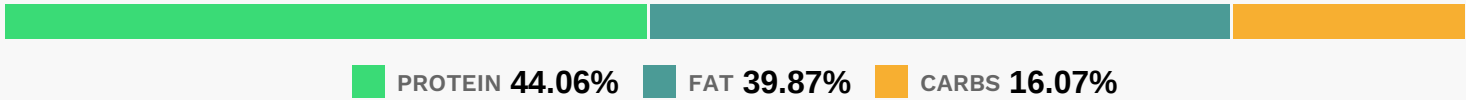
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring water and broth to a simmer in a 2- to 3-quart saucepan.
- ☐ Add chicken and simmer, uncovered, 6 minutes.
- ☐ Remove pan from heat and cover, then let stand until chicken is cooked through, about 15 minutes.
- ☐ Transfer chicken to a plate and cool 10 minutes. Reserve poaching liquid, uncovered.
- ☐ While chicken is poaching, cook onion in oil in a 4-quart heavy pot, covered, over moderate heat, stirring occasionally, until softened but not browned, about 6 minutes.
- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute.
- ☐ Add carrots, celery, salt, and pepper and cook, covered, stirring occasionally, until softened, 8 to 10 minutes.
- ☐ Add poaching liquid and simmer, covered, until vegetables are tender, about 10 minutes.
- ☐ Remove from heat.
- ☐ While vegetables are cooking, shred chicken into 1/4-inch-wide strips (about 1 inch long). When vegetables are done simmering, stir chicken into soup along with parsley.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:16.095217362694%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 157.28kcal (7.86%), Fat: 6.91g (10.62%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.03g (3.36%), Cholesterol: 49.75mg (16.58%), Sodium: 767.83mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Vitamin A: 6988.67IU (139.77%), Vitamin B3: 8.49mg (42.44%), Vitamin K: 41.44µg (39.47%), Selenium: 24.68µg (35.25%), Vitamin B6: 0.65mg (32.64%), Phosphorus: 183.19mg (18.32%), Potassium: 464.14mg (13.26%), Vitamin B5: 1.23mg (12.3%), Vitamin C: 7.49mg (9.08%), Vitamin B2: 0.15mg (8.67%), Vitamin E: 1.13mg (7.55%), Magnesium: 29.95mg (7.49%), Manganese: 0.15mg (7.41%), Vitamin B1: 0.1mg (6.73%), Fiber: 1.55g (6.21%), Zinc: 0.66mg (4.4%), Copper: 0.09mg (4.37%), Folate: 17.42µg (4.36%), Iron: 0.66mg (3.66%), Calcium: 33.34mg (3.33%), Vitamin B12: 0.16µg (2.75%)