



Hearty Chicken Vegetable Soup II

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce carrots diced frozen
- ☐ 1 cup chicken meat cubed cooked
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 9 ounces green beans frozen
- ☐ 0.3 cup green onions chopped
- ☐ 2 cups milk
- ☐ 0.3 cup water

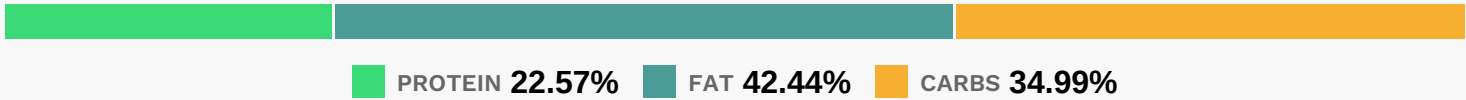
Equipment

☐ sauce pan

Directions

- ☐ Combine carrots, beans, and water in saucepan. Cook over medium heat 6 to 8 minutes.
- ☐ Mix in cream of chicken soup, milk and chicken. Cook 4 to 5 minutes, or until heated through.
- ☐ Garnish individual servings with green onions.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:6.99, Inflammation Score:-10, Nutrition Score:15.919565180074%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 213.53kcal (10.68%), Fat: 10.23g (15.74%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.35g (5.95%), Sugar: 8.22g (9.13%), Cholesterol: 35.39mg (11.8%), Sodium: 798.07mg (34.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Vitamin A: 8568.47IU (171.37%), Vitamin K: 40.43µg (38.51%), Phosphorus: 193.19mg (19.32%), Vitamin B2: 0.27mg (15.84%), Vitamin B3: 3.13mg (15.64%), Calcium: 152.68mg (15.27%), Potassium: 481.47mg (13.76%), Vitamin B6: 0.27mg (13.69%), Selenium: 9.55µg (13.64%), Manganese: 0.24mg (12.23%), Iron: 2.02mg (11.23%), Vitamin C: 9.12mg (11.06%), Fiber: 2.62g (10.46%), Copper: 0.2mg (10.05%), Vitamin B5: 0.95mg (9.54%), Vitamin B1: 0.14mg (9.49%), Magnesium: 36.23mg (9.06%), Vitamin B12: 0.51µg (8.45%), Zinc: 1.22mg (8.14%), Folate: 29.76µg (7.44%), Vitamin E: 1.11mg (7.37%), Vitamin D: 0.89µg (5.96%)