



Hearty Italian Chicken and Vegetable Soup

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baby spinach
- 1 cup carrots sliced
- 1 cup celery sliced
- 1.5 pounds chicken breasts bone-in skinless
- 2 cups fennel bulb thinly sliced
- 6 sprigs flat-leaf parsley whole chopped
- 6 servings kosher salt
- 6 servings juice of lemon
- 18 inch lemon zest

- 8 cups chicken broth low-sodium
- 1 tablespoon olive oil extra-virgin
- 1 onion chopped
- 2 inch parmesan rind
- 2 tablespoons parmesan grated for passing
- 2 cups extra-wide pasta whole-wheat noodle style
- 1 pinch pepper flakes red crushed

Equipment

- bowl
- ladle
- dutch oven
- cutting board

Directions

- Heat the oil in a Dutch oven set over medium heat.
- Add the onion and crushed red pepper flakes and cook until the onions begin to soften, 5 minutes. Meanwhile, tie the parsley sprigs, lemon zest, and fennel tops together.
- Add the herb bundle, broth, 2 cups of water, and, if using, the cheese rind. Bring to a very gentle simmer and simmer until the chicken is just cooked through, about 8 minutes.
- Transfer the chicken to a cutting board and set aside until cool enough to handle.
- Remove the meat from the bones in large strips, and set aside.
- Meanwhile, add the sliced fennel, carrots, and celery to the broth and season with salt, to taste. Continue to simmer until the vegetables are just tender, 5 minutes. Stir in the noodles and cook until just al dente, about 5 minutes. Stir in the reserved chicken, baby spinach, and Parmesan until the chicken is heated through and the spinach is wilted. Discard the herb bundle and cheese rind. Stir in lemon juice, to taste. Ladle the soup into serving bowls and serve with additional Parmesan for passing.

Nutrition Facts



PROTEIN 42.95% FAT 22.89% CARBS 34.16%

Properties

Glycemic Index:47.31, Glycemic Load:7.77, Inflammation Score:-10, Nutrition Score:30.747826423334%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.64mg, Apigenin: 2.64mg, Apigenin: 2.64mg, Apigenin: 2.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 321.3kcal (16.06%), Fat: 8.34g (12.84%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 24.07g (8.75%), Sugar: 4.88g (5.42%), Cholesterol: 74.31mg (24.77%), Sodium: 505.54mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.22g (70.44%), Vitamin K: 116.6µg (111.04%), Vitamin A: 5226.23IU (104.52%), Vitamin B3: 17.16mg (85.78%), Selenium: 50.04µg (71.48%), Vitamin B6: 1.04mg (52.08%), Phosphorus: 424.66mg (42.47%), Vitamin C: 29.16mg (35.34%), Potassium: 1114.74mg (31.85%), Manganese: 0.47mg (23.32%), Vitamin B5: 1.96mg (19.61%), Vitamin B2: 0.3mg (17.68%), Magnesium: 69.71mg (17.43%), Copper: 0.32mg (16.12%), Folate: 64.35µg (16.09%), Fiber: 3.94g (15.76%), Iron: 2.28mg (12.65%), Zinc: 1.62mg (10.77%), Calcium: 102.08mg (10.21%), Vitamin B12: 0.58µg (9.66%), Vitamin B1: 0.14mg (9.42%), Vitamin E: 1.3mg (8.66%)