



Italian Chicken and Bean Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.5 pound chicken breast halves boneless skinless cut into 1/2-inch pieces
- 0.5 teaspoon seasoning italian
- 29 ounces chicken broth ready-to-serve canned
- 2 cups water
- 0.5 cup shells uncooked
- 0.5 cup rotini pasta uncooked (small spiral pasta)
- 0.5 cup bell pepper red coarsely chopped

- 15 ounces kidney beans rinsed drained canned
- 2 cups zucchini coarsely chopped

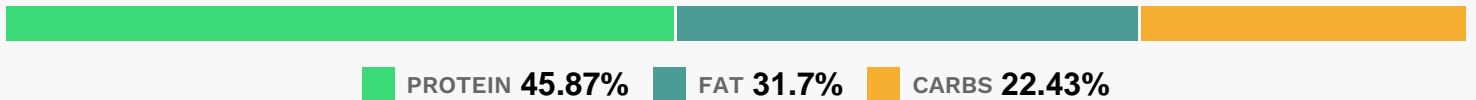
Equipment

- sauce pan

Directions

- Heat oil in 3-quart saucepan over medium-high heat.
- Add chicken; sprinkle with 1/4 teaspoon of the Italian seasoning. Cook and stir 3 to 5 minutes or until browned.
- Add broth and water.
- Heat to boiling.
- Add pasta and bell pepper.
- Heat to boiling; reduce heat. Cook uncovered 10 to 12 minutes, stirring occasionally, until pasta is tender.
- Stir in remaining 1/4 teaspoon Italian seasoning, kidney beans and the zucchini. Cook 3 to 5 minutes or until zucchini is crisp-tender.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:11.71, Inflammation Score:-8, Nutrition Score:30.228260911029%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 651.29kcal (32.56%), Fat: 22.47g (34.56%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 28.38g (10.32%), Sugar: 4.84g (5.38%), Cholesterol: 139.05mg (46.35%), Sodium: 1341.48mg (58.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.15g (146.3%), Selenium: 69.93µg (99.89%), Phosphorus: 612.8mg (61.28%), Vitamin B3: 12.19mg (60.93%), Vitamin B6: 1.09mg (54.33%), Zinc: 6.67mg (44.48%),

Vitamin C: 36.47mg (44.21%), Vitamin B12: 2.17µg (36.15%), Manganese: 0.64mg (32.22%), Potassium: 1049.53mg (29.99%), Fiber: 7.39g (29.57%), Magnesium: 111.54mg (27.88%), Iron: 4.87mg (27.07%), Vitamin B2: 0.42mg (24.76%), Vitamin A: 1092.21IU (21.84%), Vitamin K: 20.6µg (19.62%), Copper: 0.39mg (19.43%), Folate: 61.66µg (15.41%), Vitamin B1: 0.21mg (13.69%), Vitamin B5: 1.22mg (12.2%), Vitamin E: 1.5mg (10.01%), Calcium: 85.4mg (8.54%), Vitamin D: 0.26µg (1.75%)