



Italian Chicken and Vegetable Soup

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 ounce tomatoes diced with basil oregano and garlic canned
- 1 cup carrots (3 small)
- 29 ounce chicken broth canned
- 2 tablespoons olive oil
- 1 small onion chopped
- 4 chicken breast boneless skinless cut into bite-sized pieces (1 3/4 pounds)
- 2.5 cups zucchini sliced (2 medium)

Equipment

dutch oven

Directions

- In a large Dutch oven, heat olive oil over medium-high heat.
- Add chicken, and cook for 10 minutes, stirring frequently.²
- Add onion and carrot, and cook for 5 minutes. Stir in zucchini, diced tomatoes, and chicken broth.³ Bring to a boil; reduce heat, and simmer, uncovered, for 30 minutes. Top each serving with grated Parmesan, if desired.

Nutrition Facts

 **PROTEIN 50.21%**  **FAT 38.87%**  **CARBS 10.92%**

Properties

Glycemic Index:14.81, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:25.775217631589%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 426.12kcal (21.31%), Fat: 18.12g (27.88%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 8.77g (3.19%), Sugar: 6.06g (6.73%), Cholesterol: 116.72mg (38.91%), Sodium: 963.19mg (41.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.68g (105.36%), Vitamin A: 4092.96IU (81.86%), Selenium: 49.64µg (70.91%), Vitamin B3: 12.58mg (62.89%), Vitamin B6: 1.1mg (55.22%), Phosphorus: 424.36mg (42.44%), Vitamin C: 25.02mg (30.32%), Zinc: 4.29mg (28.6%), Potassium: 966.18mg (27.61%), Vitamin B12: 1.52µg (25.35%), Vitamin B2: 0.35mg (20.69%), Iron: 3.69mg (20.53%), Magnesium: 73.72mg (18.43%), Vitamin E: 2.39mg (15.94%), Vitamin K: 15.17µg (14.45%), Vitamin B5: 1.41mg (14.13%), Manganese: 0.25mg (12.69%), Copper: 0.22mg (11.25%), Fiber: 2.68g (10.73%), Vitamin B1: 0.15mg (10.17%), Folate: 35.39µg (8.85%), Calcium: 83.46mg (8.35%), Vitamin D: 0.21µg (1.42%)