



Leeky Chicken Soup

READY IN



55 min.

SERVINGS



4

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings crusty baguette sliced
- ☐ 1 quart chicken stock see
- ☐ 1 cup cooking wine dry white
- ☐ 2 cups egg pasta such as broken egg fettuccine or tagliatelle
- ☐ 1 large bay leaf fresh
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 to 4 garlic cloves chopped
- ☐ 4 servings cheese such as goat cheese soft

- ☐ 4 large leeks dried washed trimmed
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 chicken breast halves boneless skinless

Equipment

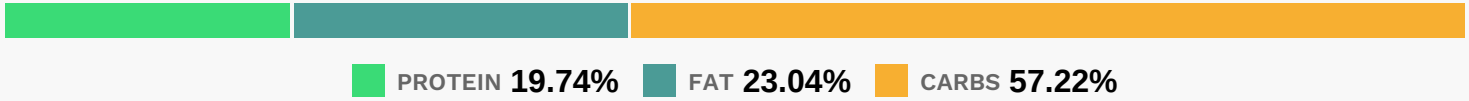
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ kitchen towels
- ☐ dutch oven
- ☐ salad spinner
- ☐ skimmer

Directions

- ☐ Trim the tough tops and root ends, of the leeks, cut them, lengthwise, in half, then slice them into 1/2-inch thick pieces. Fill a large bowl or sink with water, add the leeks, and separate the slices to let the grit fall away.
- ☐ Remove the leeks with a skimmer and dry them in a salad spinner or on a clean kitchen towel.
- ☐ Put the chicken and bay leaf in a small pan and add water almost to cover.
- ☐ Put the pan over high heat, and bring to a boil. Reduce the heat to a simmer, and poach the chicken until cooked through, about 10 minutes.
- ☐ Meanwhile, heat the extra-virgin olive oil in a soup pot or Dutch oven over medium heat.
- ☐ Add the leeks and garlic, season with salt and pepper, to taste, then stir, cover, and cook for 7 to 8 minutes.
- ☐ Add the wine and cook out for 1 minute, then add the stock and bring to a boil. Reduce the heat to a simmer.
- ☐ Remove the chicken from the poaching liquid and dice, then stir it into the stock. Strain the poaching liquid and add it to the soup.

- ☐
- Add the egg pasta, thyme, and lemon zest. Cook at a low boil until the pasta is tender. Stir in the parsley and season with salt and pepper, to taste. Ladle the soup into serving bowls.
- ☐
- Spread the crusty bread slices with soft cheese and serve with the soup.

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:60.69, Inflammation Score:-10, Nutrition Score:44.60695664779%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1023.2kcal (51.16%), Fat: 25g (38.46%), Saturated Fat: 8.22g (51.4%), Carbohydrates: 139.72g (46.57%), Net Carbohydrates: 132.07g (48.03%), Sugar: 13.37g (14.86%), Cholesterol: 156.42mg (52.14%), Sodium: 958.45mg (41.67%), Alcohol: 6.18g (100%), Alcohol %: 1.17% (100%), Protein: 48.19g (96.38%), Selenium: 129.63µg (185.19%), Vitamin K: 111.62µg (106.31%), Manganese: 1.96mg (98.19%), Vitamin B3: 15.7mg (78.52%), Phosphorus: 656.8mg (65.68%), Vitamin B6: 1.25mg (62.39%), Vitamin B1: 0.78mg (52%), Iron: 8.71mg (48.4%), Vitamin A: 2375.9IU (47.52%), Copper: 0.93mg (46.73%), Folate: 185.57µg (46.39%), Vitamin B2: 0.74mg (43.7%), Magnesium: 153.51mg (38.38%), Potassium: 1090.31mg (31.15%), Fiber: 7.65g (30.59%), Vitamin C: 24.43mg (29.61%), Zinc: 4.02mg (26.83%), Vitamin B5: 2.53mg (25.29%), Calcium: 243.92mg (24.39%), Vitamin E: 2.72mg (18.11%), Vitamin B12: 0.51µg (8.55%), Vitamin D: 0.53µg (3.54%)