



Leftover Roast Chicken Soup



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaf
- ☐ 1 teaspoon peppercorns whole black
- ☐ 2 large carrots chopped
- ☐ 1 cup green beans fresh chopped
- ☐ 1 large onion diced
- ☐ 4 large potatoes diced
- ☐ 1 roast chicken frame - bones leftover
- ☐ 10 servings salt and pepper to taste

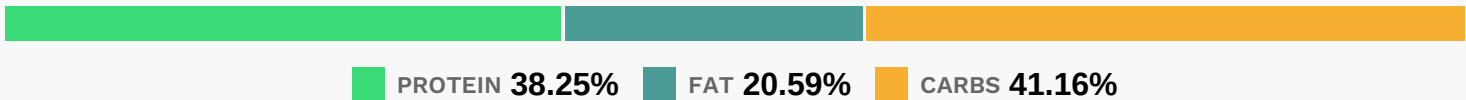
Equipment

☐ pot

Directions

- ☐ In a large stock pot place chicken frame, bones, giblets etc.
- ☐ Add enough water to cover chicken frame and gently simmer for 90 minutes, covered.
- ☐ Remove all bones and chicken frame, but leave any chicken pieces in the soup.
- ☐ Add peppercorns, bay leaves, carrots, onions, green beans and potatoes.
- ☐ Add enough water to ensure that all the vegetables are covered. Cover and simmer gently until the vegetables are soft.
- ☐ Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:23.56, Glycemic Load:19.91, Inflammation Score:-9, Nutrition Score:18.721739172935%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 290.45kcal (14.52%), Fat: 6.59g (10.13%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 25.31g (9.2%), Sugar: 2.83g (3.15%), Cholesterol: 72mg (24%), Sodium: 285.93mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.08%), Vitamin A: 2527.82IU (50.56%), Vitamin B3: 9.37mg (46.83%), Vitamin B6: 0.88mg (44.2%), Vitamin C: 32.39mg (39.26%), Selenium: 24.24µg (34.62%), Phosphorus: 282.74mg (28.27%), Potassium: 938.42mg (26.81%), Manganese: 0.36mg (18.2%), Fiber: 4.32g (17.28%), Magnesium: 60.87mg (15.22%), Vitamin B5: 1.46mg (14.59%), Iron: 2.55mg (14.19%), Vitamin B1: 0.2mg (13.57%), Zinc: 1.98mg (13.2%), Vitamin B2: 0.21mg (12.53%), Copper: 0.24mg (12.01%), Vitamin K: 10.22µg (9.73%), Folate: 37.74µg (9.44%), Vitamin B12: 0.28µg (4.64%), Calcium: 43.74mg (4.37%), Vitamin E: 0.16mg (1.08%)