



Lemon Chicken Orzo Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 teaspoons peppercorns whole black
- 1.3 cups carrots chopped
- 2 carrots peeled cut in 1-inch pieces
- 1 cup celery chopped
- 2 celery stalks cut in 1-inch pieces
- 0.3 cup parsley fresh chopped
- 4 sprigs parsley fresh

- 6 garlic clove crushed
- 0.3 cup juice of lemon fresh
- 2.5 teaspoons lemon zest grated
- 1 medium onion peeled sliced
- 1.3 cups onion chopped
- 8 ounces orzo pasta (rice-shaped uncooked)
- 2 teaspoons salt
- 6 cups water
- 4 pound chicken whole

Equipment

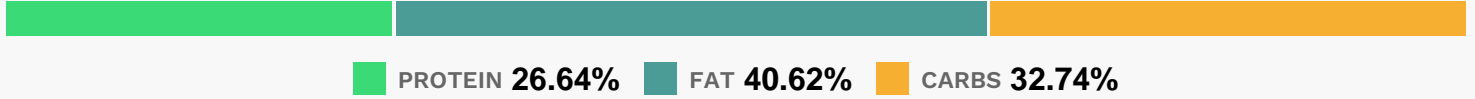
- bowl
- frying pan
- sieve
- dutch oven

Directions

- Remove and discard giblets and neck from chicken.
- Place chicken in a large Dutch oven.
- Add 2 chopped carrots, 2 chopped celery stalks, and next 5 ingredients (through bay leaves) to pan.
- Add 6 cups water; bring to a simmer. Reduce heat, and simmer 45 minutes.
- Remove chicken from pan; place chicken in a bowl. Chill 15 minutes. Discard skin; remove chicken from bones, discarding bones. Chop chicken into bite-sized pieces; cover and chill. Strain broth mixture through a sieve into a large bowl; discard solids. Cool broth mixture to room temperature. Cover and chill 8 to 24 hours. Skim fat from surface; discard.
- Add enough water to broth to equal 9 cups; place broth mixture in a large Dutch oven.
- Add 1 1/3 cups carrot, 1 1/4 cups onion, 1 cup celery, and salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until vegetables are tender.
- Add reserved chicken, and simmer 3 minutes or until thoroughly heated. Keep warm.

- Cook pasta according to package directions, omitting salt and fat.
- Add pasta to pan with chicken and broth mixture; stir in parsley, rind, and juice.
- Garnish each serving with lemon wedges and cracked black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:20.82869563932%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 380.66kcal (19.03%), Fat: 17.06g (26.25%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 27.63g (10.05%), Sugar: 4.58g (5.09%), Cholesterol: 81.65mg (27.22%), Sodium: 707.89mg (30.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.34%), Vitamin A: 6534.58IU (130.69%), Vitamin K: 51.43µg (48.98%), Selenium: 34.27µg (48.95%), Vitamin B3: 8.4mg (42.02%), Manganese: 0.58mg (29.16%), Vitamin B6: 0.57mg (28.33%), Phosphorus: 248.19mg (24.82%), Vitamin C: 14.82mg (17.96%), Potassium: 523.94mg (14.97%), Zinc: 2.09mg (13.92%), Vitamin B5: 1.34mg (13.44%), Fiber: 3.31g (13.23%), Magnesium: 52.56mg (13.14%), Vitamin B2: 0.2mg (11.51%), Copper: 0.23mg (11.31%), Iron: 1.89mg (10.48%), Vitamin B1: 0.15mg (9.71%), Folate: 36.37µg (9.09%), Calcium: 63.77mg (6.38%), Vitamin B12: 0.34µg (5.62%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.22µg (1.45%)