



Lemon-Chicken Soup

 Dairy Free

READY IN



135 min.

SERVINGS



30

CALORIES



64 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slices toppings: barley cooked
- ☐ 2 bay leaves
- ☐ 1 lb carrots sliced
- ☐ 5 rib celery chopped
- ☐ 0.5 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 2 garlic cloves minced
- ☐ 4 teaspoons lemon zest
- ☐ 1 teaspoon olive oil

- ☐ 2 large onions chopped
- ☐ 2 teaspoons salt
- ☐ 6 skin-on bone-in

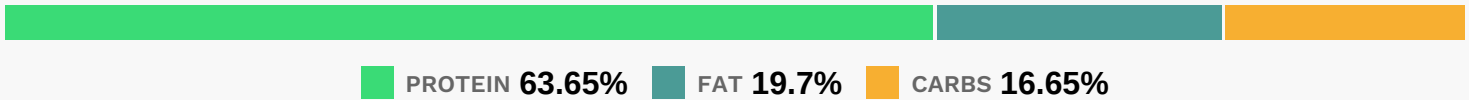
Equipment

- ☐ bowl
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring chicken and water to cover to a boil in a Dutch oven over medium-high heat; reduce heat to low, and simmer 1 hour.
- ☐ Remove chicken, reserving liquid, and let cool 15 minutes. Shred chicken.
- ☐ Pour reserved cooking liquid through a wire-mesh strainer into a bowl, discarding solids; wipe Dutch oven clean.
- ☐ Add water to cooking liquid to equal 10 cups.
- ☐ Saut onion, celery, and garlic in hot oil in Dutch oven over medium-high heat 5 to 6 minutes or until tender.
- ☐ Add shredded chicken, cooking liquid, carrots, and next 3 ingredients. Cover, reduce heat to medium, and cook 20 minutes or until carrots are tender.
- ☐ Add parsley.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:8.2760869653329%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 63.85kcal (3.19%), Fat: 1.36g (2.09%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.16g (1.29%), Cholesterol: 28.93mg (9.64%), Sodium: 219.05mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin A: 2625.22IU (52.5%), Vitamin B3: 4.89mg (24.46%), Selenium: 14.57µg (20.82%), Vitamin B6: 0.38mg (18.78%), Vitamin K: 18.66µg (17.77%), Phosphorus: 104.17mg (10.42%), Vitamin B5: 0.7mg (7.04%), Potassium: 237.64mg (6.79%), Vitamin C: 3.92mg (4.75%), Magnesium: 15.23mg (3.81%), Vitamin B2: 0.06mg (3.43%), Vitamin B1: 0.05mg (3.01%), Fiber: 0.67g (2.68%), Manganese: 0.05mg (2.4%), Zinc: 0.33mg (2.21%), Folate: 8.22µg (2.05%), Iron: 0.31mg (1.71%), Vitamin B12: 0.09µg (1.51%), Vitamin E: 0.22mg (1.44%), Copper: 0.03mg (1.28%), Calcium: 11.88mg (1.19%)