



Lemon Chicken Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



93 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons tarragon fresh plus more for garnishing chopped
- 1 large head cloves cut in 1/2 horizontally through cloves
- 0.5 cup juice of lemon fresh for garnishing thin
- 6 cups chicken stock low-sodium
- 6 servings sea salt black
- 2 chicken breast boneless skinless organic cut into bite-size pieces

Equipment

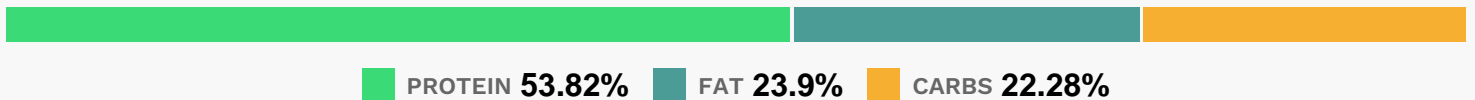
- bowl

- baking sheet
- sauce pan
- ladle
- oven
- whisk
- pot
- aluminum foil

Directions

- Preheat the oven to 400 degrees F.
- Put the garlic halves, cut side down, on a sheet of aluminum foil on a rimmed baking sheet.
- Add 2 tablespoons chicken stock and wrap the foil around the garlic, keeping the cut sides flat on the sheet tray. Roast until the garlic is very soft, about 30 minutes.
- Remove the garlic from the oven and let stand until cool enough to handle.
- Squeeze the soft garlic from the head with your fingers into a large saucepan.
- Whisk in 1 cup of the stock to loosen the garlic paste and put the pot over medium-high heat.
- Add the remaining stock, lemon juice, and chopped tarragon; season with salt and pepper, to taste. Bring the mixture to a boil, then reduce the heat to a simmer and add the chicken. Cover and cook until the chicken is just cooked through, about 9 to 12 minutes.
- Ladle the soup into bowls and garnish with thin slices of lemon and a sprinkle of fresh tarragon leaves.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:8.0660868805388%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin:

0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 92.51kcal (4.63%), Fat: 2.63g (4.05%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.23g (1.9%), Sugar: 0.82g (0.91%), Cholesterol: 24.11mg (8.04%), Sodium: 310.39mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin B3: 7.39mg (36.96%), Vitamin B6: 0.37mg (18.6%), Selenium: 12.19µg (17.41%), Phosphorus: 159mg (15.9%), Manganese: 0.29mg (14.73%), Potassium: 435.48mg (12.44%), Vitamin C: 9.49mg (11.5%), Vitamin B2: 0.14mg (8.42%), Iron: 1.43mg (7.92%), Copper: 0.15mg (7.52%), Vitamin B5: 0.56mg (5.64%), Magnesium: 21.91mg (5.48%), Vitamin B12: 0.31µg (5.19%), Calcium: 40.29mg (4.03%), Zinc: 0.56mg (3.73%), Folate: 12.01µg (3%), Vitamin B1: 0.04mg (2.34%), Vitamin A: 110.79IU (2.22%), Fiber: 0.29g (1.16%)