



Lemon Chicken Soup with Spaghetti

READY IN



43 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots peeled sliced into 1/4-inch pieces
- 1 bay leaf dried
- 0.3 cup flat-leaf parsley fresh chopped
- 4 servings kosher salt
- 0.3 cup juice of lemon fresh (2 lemons)
- 6 cups chicken broth low-sodium
- 2 inch parmesan cheese rind
- 1 cup romano cheese grated
- 2 cups rotisserie chicken cut diced cooked

2.5 ounces pasta like spaghetti

Equipment

bowl

ladle

pot

Directions

Watch how to make this recipe.

In a large stockpot, bring the chicken broth, lemon juice, bay leaf, and Parmesan rind, if using, to a boil over medium-high heat.

Add the carrots and simmer until tender, about 5 to 8 minutes.

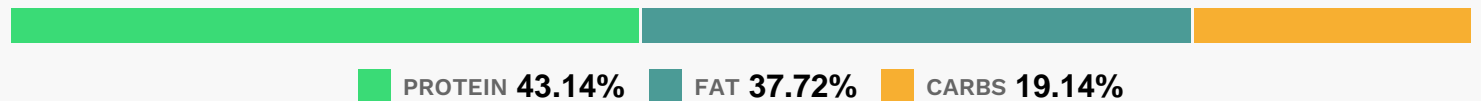
Add the broken pasta and cook until the pasta is tender, for 4 to 5 minutes, stirring occasionally.

Add the chicken and heat through, about 2 to 3 minutes.

Remove the bay leaf and the Parmesan rind and discard. Stir in 1/2 of the cheese and the parsley. Season with salt, to taste. Ladle the soup into serving bowls and sprinkle with the remaining cheese.

*Cook's Note: You can use any short pasta from your pantry as a substitute for spaghetti.

Nutrition Facts



Properties

Glycemic Index:43.71, Glycemic Load:6.61, Inflammation Score:-10, Nutrition Score:18.5578261873%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 475.38kcal (23.77%), Fat: 20.28g (31.19%), Saturated Fat: 8.4g (52.48%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 21.54g (7.83%), Sugar: 3.17g (3.52%), Cholesterol: 143.06mg (47.69%), Sodium: 1117.39mg (48.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.18g (104.36%), Vitamin A: 5557.97IU (111.16%), Vitamin K: 66.18µg (63.03%), Phosphorus: 379.93mg (37.99%), Calcium: 361.65mg (36.16%), Vitamin B3: 5.55mg (27.76%), Selenium: 16.04µg (22.91%), Vitamin C: 14.67mg (17.78%), Vitamin B2: 0.25mg (14.76%), Potassium: 509.68mg (14.56%), Copper: 0.26mg (13.19%), Vitamin B12: 0.7µg (11.6%), Manganese: 0.22mg (11.16%), Zinc: 1.52mg (10.1%), Iron: 1.56mg (8.67%), Magnesium: 32.24mg (8.06%), Vitamin B6: 0.14mg (7.09%), Fiber: 1.61g (6.45%), Folate: 20.91µg (5.23%), Vitamin B1: 0.06mg (3.7%), Vitamin B5: 0.33mg (3.31%), Vitamin E: 0.35mg (2.32%)