



Lemony Chicken and Orzo Soup



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 celery stalk thick sliced
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 4 servings kosher salt freshly ground
- ☐ 1 medium leek white thick halved lengthwise sliced
- ☐ 1 halves optional: lemon (for serving)
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orzo pasta

☐ 12 ounces chicken thighs boneless skinless

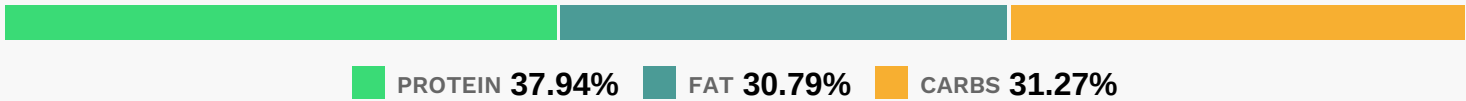
Equipment

☐ pot

Directions

- ☐ Heat oil in a large heavy pot over mediumheat.
- ☐ Add leek and celery and cook, stirringoften, until vegetables are soft, 5–8 minutes.
- ☐ Add chicken and broth; season with saltand pepper. Bring to a boil, cover, reduceheat, and simmer until chicken is cookedthrough, 15–20 minutes.
- ☐ Transfer chickento a plate.
- ☐ Let cool, then shred chicken intobite–size pieces.
- ☐ Meanwhile, return broth to a boil.
- ☐ Addorzo and cook until al dente, 8–10 minutes.
- ☐ Remove pot from heat. Stir in chickenand dill.
- ☐ Serve with lemon halves for squeezingover.
- ☐ Per serving: 200 calories, 7 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:6.55, Inflammation Score:-6, Nutrition Score:14.946521862693%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 273.65kcal (13.68%), Fat: 9.51g (14.63%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 20.62g (7.5%), Sugar: 1.85g (2.05%), Cholesterol: 80.8mg (26.93%), Sodium: 190.16mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.72%), Vitamin B3: 10.06mg (50.29%), Selenium: 31.3µg (44.72%), Phosphorus: 310.84mg (31.08%), Vitamin B6: 0.5mg (24.95%), Potassium: 620.66mg (17.73%), Manganese: 0.34mg (17.18%), Vitamin B2: 0.28mg (16.72%), Copper: 0.32mg (15.76%), Vitamin B12: 0.9µg (14.97%), Vitamin K: 15.51µg (14.77%), Iron: 2.36mg (13.12%), Zinc: 1.97mg (13.11%), Vitamin A: 623.13IU (12.46%), Vitamin B5: 1.15mg (11.49%), Magnesium: 41.19mg (10.3%), Vitamin B1: 0.11mg (7.26%), Vitamin C: 5.33mg (6.46%), Folate: 25.83µg (6.46%), Vitamin E: 0.89mg (5.91%), Calcium: 45.93mg (4.59%), Fiber: 1.11g (4.44%)