



Lemony Cream of Chicken Soup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 ounce chicken chunks drained canned
- ☐ 96 ounce chicken broth
- ☐ 52 ounce cream of chicken soup canned
- ☐ 0.8 cup juice of lemon to taste
- ☐ 1.5 cups rice white

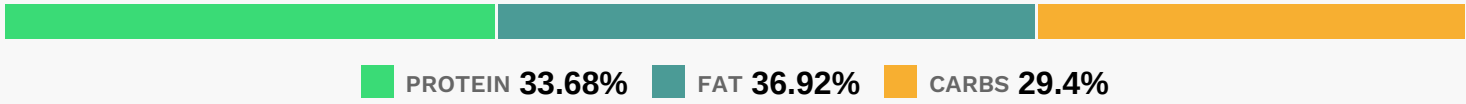
Equipment

- ☐ pot

Directions

- ☐
- Combine chicken broth and canned chicken in a pot; bring to a boil.
- ☐
- Add rice; simmer until rice is tender, 15 to 20 minutes. Stir in cream of chicken soup and lemon juice. Cook, stirring occasionally, until soup is hot, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:11.93, Inflammation Score:-3, Nutrition Score:9.8665217057518%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 337.37kcal (16.87%), Fat: 13.55g (20.85%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 24.01g (8.73%), Sugar: 1.64g (1.82%), Cholesterol: 56.85mg (18.95%), Sodium: 1801.36mg (78.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.63%), Selenium: 22.09µg (31.56%), Phosphorus: 198.77mg (19.88%), Zinc: 2.89mg (19.25%), Manganese: 0.35mg (17.65%), Vitamin B3: 3.27mg (16.33%), Vitamin B12: 0.94µg (15.72%), Vitamin B2: 0.25mg (14.93%), Iron: 2.51mg (13.92%), Copper: 0.24mg (12.05%), Vitamin B6: 0.21mg (10.42%), Potassium: 253.46mg (7.24%), Magnesium: 28.34mg (7.08%), Vitamin A: 343.8IU (6.88%), Vitamin E: 0.93mg (6.21%), Vitamin C: 4.82mg (5.84%), Vitamin K: 6.13µg (5.84%), Vitamin B1: 0.07mg (4.45%), Vitamin B5: 0.41mg (4.09%), Calcium: 39.63mg (3.96%), Folate: 7.7µg (1.92%), Fiber: 0.28g (1.11%)