



Lime Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 slices toppings: chicken diced shredded cooked
- 128 ounce chicken broth
- 1 stick cinnamon (3-inch)
- 0.5 cup juice of lime fresh
- 1 teaspoon oregano dried
- 0.5 teaspoon salt

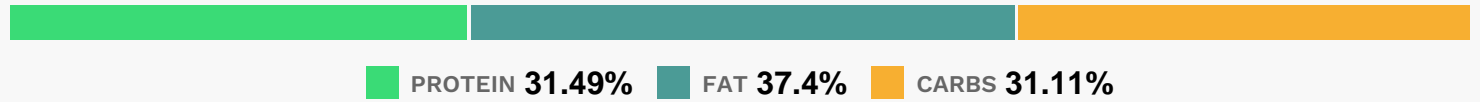
Equipment

- pot

Directions

- Cook first 3 ingredients in a large stockpot over medium-high heat 2 to 3 minutes, stirring constantly.
- Add broth, lime juice, and salt. Bring to a boil; reduce heat, and simmer 1 to 2 minutes.
- Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.7626087231481%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 45.79kcal (2.29%), Fat: 2.04g (3.14%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.24g (2.49%), Cholesterol: 12.19mg (4.06%), Sodium: 1849.58mg (80.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Vitamin B2: 0.28mg (16.77%), Manganese: 0.3mg (15.05%), Vitamin B1: 0.1mg (6.67%), Vitamin C: 4.56mg (5.53%), Calcium: 54.84mg (5.48%), Vitamin B3: 1.04mg (5.18%), Copper: 0.08mg (3.82%), Phosphorus: 36.45mg (3.65%), Selenium: 2.36µg (3.37%), Potassium: 107.24mg (3.06%), Zinc: 0.45mg (3%), Iron: 0.49mg (2.7%), Vitamin B12: 0.12µg (2%), Magnesium: 7.63mg (1.91%), Vitamin E: 0.28mg (1.86%), Vitamin K: 1.87µg (1.78%), Fiber: 0.4g (1.6%)