



Mama's Chicken Soup



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots halved lengthwise cut into 1/4-inch slices
- ☐ 2.5 pounds chicken breast halves bone-in
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 parsnips halved lengthwise cut into 1/4-inch slices

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 celery stalks chopped
- ☐ 1 teaspoon salt

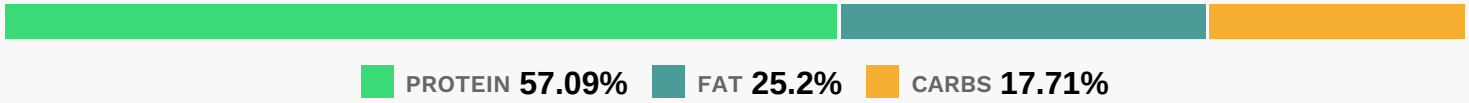
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot.
- ☐ Add parsnip and next 6 ingredients, and saut about 5 minutes.
- ☐ Add broth and chicken, and bring to a boil. Reduce heat, and simmer 35 minutes.
- ☐ Remove chicken from bone, and cut meat into bite-size pieces. Return chicken to pot, add lemon juice, and heat through.

Nutrition Facts



Properties

Glycemic Index:36.64, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:26.916086974351%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 332.38kcal (16.62%), Fat: 9.3g (14.31%), Saturated Fat: 2g (12.48%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 12.13g (4.41%), Sugar: 4.46g (4.95%), Cholesterol: 120.96mg (40.32%), Sodium: 720.69mg (31.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.42g (94.85%), Vitamin B3: 24.46mg (122.32%), Selenium: 61.25µg (87.5%), Vitamin B6: 1.56mg (77.8%), Vitamin A: 3461.17IU (69.22%), Phosphorus: 529.97mg (53%), Potassium: 1202.08mg (34.35%), Vitamin B5: 2.97mg (29.67%), Vitamin B2: 0.32mg (18.89%), Magnesium: 66.94mg

(16.74%), Vitamin C: 12.95mg (15.7%), Manganese: 0.28mg (13.78%), Copper: 0.27mg (13.57%), Vitamin B1: 0.18mg (11.91%), Vitamin B12: 0.69µg (11.54%), Zinc: 1.69mg (11.28%), Vitamin K: 10.97µg (10.45%), Fiber: 2.58g (10.33%), Folate: 37.84µg (9.46%), Iron: 1.7mg (9.43%), Vitamin E: 1.23mg (8.23%), Calcium: 49.62mg (4.96%), Vitamin D: 0.19µg (1.26%)