



## Meghan and Jenn's Veggie, Chicken and Herb Soup

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



107 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 small head broccoli chopped
- 2 stalks celery with leaves, chopped
- 4 cubes chicken bouillon crumbled
- 16 ounce corn kernels frozen
- 1 pinch parsley dried
- 1 pinch rosemary dried
- 5 leaves basil fresh

- 1 clove garlic minced
- 1 bell pepper green chopped
- 2 sprigs oregano fresh
- 8 servings salt and pepper to taste
- 2 chicken breast halves boneless skinless cubed
- 0.5 large onion white chopped

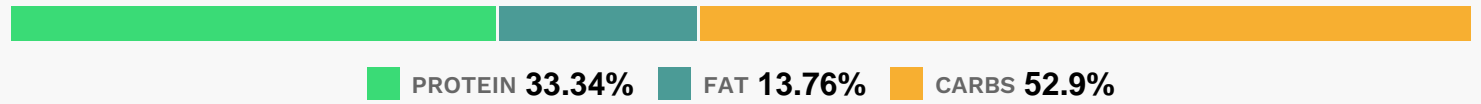
## Equipment

- pot

## Directions

- In a large pot, combine bell pepper, onion, celery (reserve leaves for garnish), broccoli, corn, chicken and garlic. Season with basil, oregano, rosemary, parsley, salt and pepper. Stir bouillon into mixture and pour in enough water to cover by 2 inches. Bring to a boil, then reduce heat and simmer 2 hours, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:17.509130431258%

## Flavonoids

Apigenin: 5.92mg, Apigenin: 5.92mg, Apigenin: 5.92mg, Apigenin: 5.92mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

## Nutrients (% of daily need)

Calories: 106.91kcal (5.35%), Fat: 1.81g (2.78%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 11.64g (4.23%), Sugar: 4.73g (5.26%), Cholesterol: 18.08mg (6.03%), Sodium: 379.53mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin C: 82.42mg (99.9%), Vitamin K: 87.76µg (83.58%), Vitamin B6: 0.43mg (21.56%), Vitamin B3: 4.16mg (20.78%), Folate: 78.88µg (19.72%), Selenium: 11.47µg

(16.39%), Fiber: 3.99g (15.98%), Manganese: 0.32mg (15.95%), Phosphorus: 145.8mg (14.58%), Potassium: 498.59mg (14.25%), Vitamin A: 638.95IU (12.78%), Vitamin B2: 0.19mg (10.99%), Vitamin B5: 1.1mg (10.99%), Magnesium: 36.63mg (9.16%), Vitamin B1: 0.11mg (7.37%), Iron: 1.17mg (6.49%), Vitamin E: 0.89mg (5.91%), Calcium: 58.87mg (5.89%), Zinc: 0.74mg (4.91%), Copper: 0.09mg (4.4%)