



Mesclun Chicken Soup



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown rice cooked
- ☐ 2 teaspoons garlic minced
- ☐ 1 qt chicken broth low-sodium
- ☐ 1 cup the salad chopped
- ☐ 1 cup rotisserie chicken cut shredded

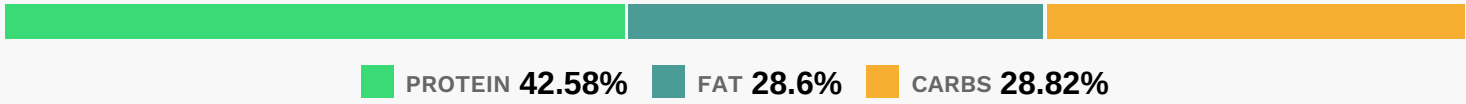
Equipment

- ☐ bowl

Directions

- ☐ Heat broth and garlic until simmering.
- ☐ Add chicken and rice and heat through, about 4 minutes. Divide among serving bowls and top with mesclun.

Nutrition Facts



Properties

Glycemic Index:20.55, Glycemic Load:5.66, Inflammation Score:-1, Nutrition Score:5.4199999997635%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 205.12kcal (10.26%), Fat: 6.67g (10.26%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 14.22g (5.17%), Sugar: 0.33g (0.37%), Cholesterol: 56.78mg (18.93%), Sodium: 279.56mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.7%), Manganese: 0.57mg (28.73%), Vitamin B3: 3.96mg (19.78%), Phosphorus: 114.71mg (11.47%), Copper: 0.17mg (8.48%), Potassium: 265.19mg (7.58%), Magnesium: 25.29mg (6.32%), Vitamin B6: 0.12mg (6.14%), Vitamin B2: 0.08mg (4.91%), Iron: 0.84mg (4.69%), Vitamin B12: 0.24µg (3.94%), Zinc: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.71%), Fiber: 0.91g (3.64%), Vitamin C: 2.79mg (3.38%), Vitamin A: 113.74IU (2.27%), Vitamin B5: 0.21mg (2.12%), Calcium: 18.35mg (1.84%), Folate: 5.7µg (1.42%)