



Mom's Cold-Season Chicken Soup



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



3

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken stock see homemade
- ☐ 3 servings fat from the chicken stock homemade
- ☐ 1 onion yellow peeled chopped
- ☐ 2 carrots sliced in 1/4-inch slices (the same amount as onion)
- ☐ 2 celery stalks sliced in 1/4-inch slices (the same amount as the onion)
- ☐ 1 Tbsp parsley leaves fresh
- ☐ 1 Tbsp greens from a green onion chopped (green part of the green onion)
- ☐ 0.3 teaspoon poultry seasoning (ground sage and thyme)

- ☐ 0.1 teaspoon pepper flakes red crushed (a pinch) (or a small pinch of cayenne)
- ☐ 3 servings salt and pepper black freshly ground to taste

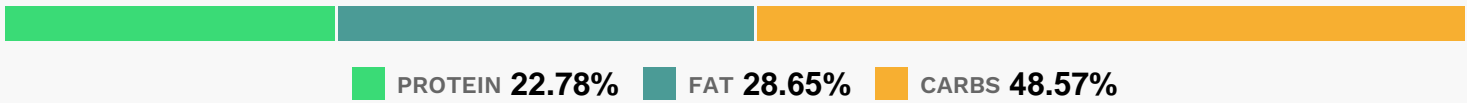
Equipment

- ☐ sauce pan

Directions

- ☐ Sauté onion, carrots, and celery: In a 4 qt saucepan, heat a tablespoon of chicken fat (that has risen to the surface and solidified from your homemade stock) on medium high heat. If you don't have enough chicken fat, you can add some olive oil. Sauté the vegetables in the fat until the carrots are almost done.
- ☐ Add seasonings: While you are sautéing the vegetables, add the seasoning – the poultry seasoning, the crushed red pepper flakes, a pinch of salt and a pinch of pepper. Seasoning like this during the cooking of the vegetables brings out their flavor. According to my mother, crushed red pepper flakes or cayenne is very helpful for a cold, which is why it is part of this recipe.
- ☐ Add the 4 cups of chicken stock. Bring to a low simmer. Cook until the carrots are just cooked through (about 5 to 10 minutes).
- ☐ Add the fresh parsley and green onion greens. Check seasonings (you will likely need to add more salt) and adjust to taste.
- ☐ Serve with (at least) day old crusty French bread.

Nutrition Facts



Properties

Glycemic Index:67.28, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:13.47652169155%

Flavonoids

Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 158.01kcal (7.9%), Fat: 5.02g (7.72%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 17.17g (6.24%), Sugar: 8.64g (9.6%), Cholesterol: 10.45mg (3.48%), Sodium: 491.72mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.95%), Vitamin A: 6972.37IU (139.45%), Vitamin K: 33.44µg (31.85%), Vitamin B3: 5.55mg (27.75%), Vitamin B2: 0.31mg (18.3%), Potassium: 543.23mg (15.52%), Vitamin B6: 0.3mg (15.19%), Phosphorus: 114.07mg (11.41%), Copper: 0.21mg (10.67%), Vitamin B1: 0.16mg (10.61%), Selenium: 7.32µg (10.46%), Vitamin C: 7.92mg (9.6%), Folate: 35.13µg (8.78%), Fiber: 1.97g (7.89%), Manganese: 0.14mg (6.95%), Iron: 1.07mg (5.93%), Magnesium: 23.34mg (5.84%), Zinc: 0.64mg (4.29%), Calcium: 38.09mg (3.81%), Vitamin E: 0.46mg (3.08%), Vitamin B5: 0.17mg (1.71%)