

# Mom's Hearty Chicken and Rice Soup



### Ingredients

1 bay leaves
2 chicken breast halves fat removed
3 carrots peeled halved
3 celery stalks quartered
6 servings parsley fresh chopped
2 garlic clove chopped
1 onion sliced
2 teaspoons salt

	8 cups water	
	0.8 cup rice long-grain white uncooked	
	2 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole with thighs; skin and fat removed	
Equipment		
	bowl	
	sauce pan	
	ladle	
	pot	
	sieve	
	slotted spoon	
Directions		
	Combine first 9 ingredients in large pot. Bring to boil. Reduce heat, cover and simmer until chicken is cooked through, about 35 minutes. Using slotted spoon, transfer chicken and carrots to platter; cool slightly. Pull chicken meat off bones in bite-size pieces; set aside. Discard bones. Thinly slice carrots and reserve. Strain broth; discard solids in strainer.	
	Pour 11/2 cups broth into heavy medium saucepan. Bring to boil.	
	Add rice and bring to boil. Reduce heat to low; cover and cook until broth is absorbed and rice is tender, about 20 minutes.	
	Return remaining broth, chicken pieces and sliced carrots to same large pot. Bring to simmer. Stir in cooked rice. Season soup with salt and pepper. Ladle soup into bowls.	
	Sprinkle with parsley and serve.	
	Per serving: calories, 221; total fat, 4 g; saturated fat, 1 g; cholesterol, 59 mg	
	Bon Appétit	
Nutrition Facts		
PROTEIN 29.19% FAT 30.69% CARBS 40.12%		

## **Properties**

### **Flavonoids**

Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.92mg, Isorhamnetin: 0.92m

### **Nutrients** (% of daily need)

Calories: 242.34kcal (12.12%), Fat: 8.11g (12.48%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.2g (8.07%), Sugar: 2.32g (2.58%), Cholesterol: 64.04mg (21.35%), Sodium: 897.64mg (39.03%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.36g (34.72%), Vitamin A: 5493.56IU (109.87%), Vitamin K: 71.39µg (67.99%), Selenium: 23.55µg (33.65%), Vitamin B3: 6.72mg (33.59%), Vitamin B6: 0.54mg (26.92%), Phosphorus: 192.59mg (19.26%), Manganese: 0.36mg (18%), Vitamin B5: 1.33mg (13.31%), Potassium: 409.11mg (11.69%), Vitamin C: 9.4mg (11.39%), Magnesium: 34.89mg (8.72%), Zinc: 1.3mg (8.65%), Copper: 0.17mg (8.29%), Vitamin B2: 0.14mg (8.14%), Vitamin B1: 0.11mg (7.07%), Fiber: 1.66g (6.62%), Iron: 1.03mg (5.74%), Folate: 21.21µg (5.3%), Vitamin B12: 0.32µg (5.26%), Calcium: 44.72mg (4.47%), Vitamin E: 0.43mg (2.88%)