



Mom's Hearty Chicken and Rice Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

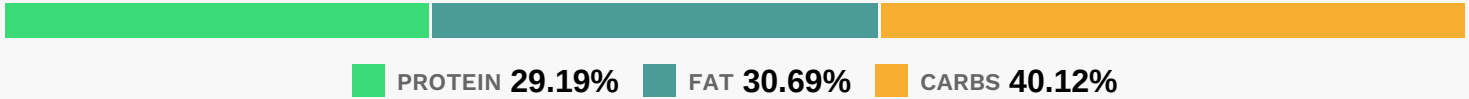
Equipment

- ☐ 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 1 1/2 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



Properties

Glycemic Index:38.17, Glycemic Load:12.62, Inflammation Score:-10, Nutrition Score:17.716521763283%

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 Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

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 %: 0% (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%)