



Mother-in-law Chicken Soup

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



6

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots
- 1 stalk celery
- 29 ounce chicken broth canned
- 1 onion quartered
- 1.5 cups rice long-grain uncooked
- 4 pound meat from a rotisserie chicken whole

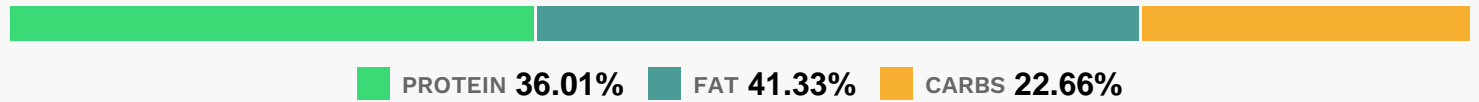
Equipment

- pot

Directions

- Rinse chicken and place into a large stockpot.
- Add broth and water to cover. Put in the onion, celery stalk and carrot. bring to a boil, reduce heat and simmer until the chicken is falling off the bones, about 45 minutes.
- Remove chicken from the broth and set aside to cool. Discard onion, celery and carrot.
- Add rice and continue to simmer for 20 minutes, until rice is tender. Separate the chicken meat from the bones and skin. Shred and return to the pot.
- Serve hot with corn bread and salad.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:22.99, Inflammation Score:-9, Nutrition Score:23.344347767208%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 746.81kcal (37.34%), Fat: 33.32g (51.26%), Saturated Fat: 9.44g (58.97%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 39.79g (14.47%), Sugar: 1.4g (1.56%), Cholesterol: 177.37mg (59.12%), Sodium: 777.45mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.3g (130.61%), Selenium: 53.23µg (76.04%), Vitamin B3: 14.04mg (70.21%), Phosphorus: 486.68mg (48.67%), Vitamin B6: 0.89mg (44.26%), Vitamin A: 2174.48IU (43.49%), Zinc: 5.9mg (39.3%), Vitamin B12: 1.82µg (30.34%), Manganese: 0.58mg (28.79%), Vitamin B2: 0.35mg (20.5%), Iron: 3.54mg (19.67%), Vitamin B5: 1.86mg (18.57%), Magnesium: 70.41mg (17.6%), Potassium: 613.8mg (17.54%), Copper: 0.25mg (12.7%), Vitamin B1: 0.14mg (9.07%), Vitamin K: 8.74µg (8.33%), Vitamin E: 1.01mg (6.76%), Calcium: 58.34mg (5.83%), Folate: 22.96µg (5.74%), Vitamin C: 4.49mg (5.44%), Fiber: 1.3g (5.22%), Vitamin D: 0.43µg (2.85%)