



My Favorite Chicken Soup



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



6

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



2 tsp peppercorns black



1 onion yellow rinsed sliced in two halves ()



6 large carrots peeled sliced



6 celery stalks peeled sliced (including leaves)



1 Handful optional: dill fresh



6 servings kosher salt



1 Handful parsley fresh

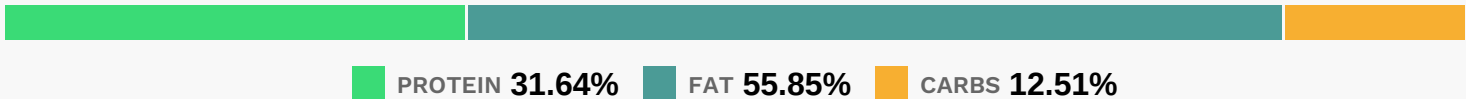
- ☐ 0.3 tsp saffron threads yellow (optional-- adds a rich color to the broth)
- ☐ 1 chicken whole

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ My Favorite Chicken Soup
- ☐ Ingredients1 whole chicken, 3-4 lbs.6 large carrots, peeled and sliced6 celery stalks, peeled and sliced (including leaves)1 brown (yellow) onion, skin on, rinsed and sliced in two halves
- ☐ Handful of fresh parsley
- ☐ Handful of fresh dill2 tsp black peppercorns3 whole cloves (optional- I add more because I like a strong clove flavor)2 bay leaves
- ☐ Kosher salt1/4 tsp saffron threads (optional-- adds a rich yellow color to the broth)
- ☐ Total Time: 2 Hours
- ☐ Servings: 3-3 1/2 quarts of soup broth
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:42.47, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:17.529999940292%

Flavonoids

Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 314.57kcal (15.73%), Fat: 19.38g (29.81%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 6.97g (2.53%), Sugar: 4.26g (4.73%), Cholesterol: 95.22mg (31.74%), Sodium: 337.09mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Vitamin A: 12303.65IU (246.07%), Vitamin B3: 9.41mg (47.03%), Vitamin B6: 0.57mg (28.74%), Selenium: 18.54µg (26.48%), Vitamin K: 25.99µg (24.75%), Phosphorus: 221.03mg (22.1%), Manganese: 0.36mg (17.83%), Potassium: 532.66mg (15.22%), Vitamin B5: 1.41mg (14.08%), Zinc: 1.9mg (12.67%), Vitamin B2: 0.21mg (12.08%), Fiber: 2.8g (11.19%), Vitamin C: 8.83mg (10.7%), Magnesium: 39.36mg (9.84%), Vitamin B1: 0.14mg (9.02%), Iron: 1.62mg (8.99%), Folate: 27.82µg (6.96%), Vitamin B12: 0.39µg (6.56%), Copper: 0.12mg (6.15%), Vitamin E: 0.89mg (5.94%), Calcium: 51.74mg (5.17%), Vitamin D: 0.25µg (1.69%)