



Nana's Chicken Pastina Soup

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2.3 cups celery
- ☐ 1 pound chicken breast cut into 1-inch cubes)
- ☐ 28 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 ounce parmesan fresh
- ☐ 1.5 ounces pasta star-shaped uncooked (tiny pasta)
- ☐ 3 tablespoons basil pesto
- ☐ 0.1 teaspoon salt

☐ 0.5 cup water

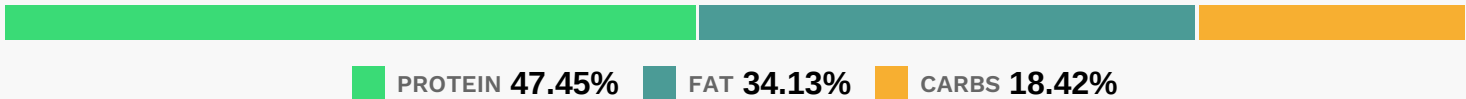
Equipment

☐ sauce pan

Directions

- ☐ Bring water and broth to a boil in a large saucepan. Stir in celery mix, pepper, salt, and chicken; bring to a boil.
- ☐ Add pasta; cook 4 minutes. Stir in pesto and juice, and simmer 1 minute.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:16.420435013978%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 256.29kcal (12.81%), Fat: 9.58g (14.74%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.09g (3.67%), Sugar: 2.04g (2.26%), Cholesterol: 78.29mg (26.1%), Sodium: 1281.64mg (55.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Vitamin B3: 13.15mg (65.73%), Selenium: 42.5µg (60.71%), Vitamin B6: 0.93mg (46.49%), Phosphorus: 323.78mg (32.38%), Vitamin B5: 2.04mg (20.39%), Potassium: 644.4mg (18.41%), Vitamin K: 17.4µg (16.57%), Calcium: 140.85mg (14.08%), Vitamin B2: 0.21mg (12.5%), Vitamin B12: 0.71µg (11.81%), Vitamin A: 573.08IU (11.46%), Magnesium: 42.01mg (10.5%), Vitamin C: 6.02mg (7.3%), Iron: 1.31mg (7.28%), Folate: 29.01µg (7.25%), Vitamin B1: 0.1mg (6.88%), Manganese: 0.13mg (6.59%), Zinc: 0.98mg (6.51%), Fiber: 1.55g (6.19%), Copper: 0.1mg (4.99%), Vitamin E: 0.4mg (2.66%)