



Old-Fashioned Chicken-And-Rice Soup

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

READY IN



45 min.

SERVINGS



5

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 carrots halved lengthwise sliced
- 0.5 cup celery chopped
- 2 celery stalks halved
- 18 ounce chicken breast halves bone-in skinless
- 0.5 teaspoon basil dried
- 32 ounce less-sodium chicken broth fat-free
- 2 garlic cloves minced

- 0.3 cup green onions sliced
- 1 tablespoon olive oil
- 1.3 cups onion chopped
- 4 parsley sprigs
- 0.5 teaspoon pepper freshly ground
- 0.3 cup rice long-grain uncooked
- 0.8 teaspoon salt
- 1 cup water

Equipment

- bowl
- frying pan
- sieve
- dutch oven

Directions

- Combine first 6 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until chicken is tender.
- Remove chicken from cooking liquid; cool.
- Remove meat from bones, and chop. Strain mixture through a sieve into a large bowl; reserve 4 1/2 cups. Reserve remaining broth for another use.
- Heat oil in pan over medium-high heat.
- Add onion and next 3 ingredients; saut 10 minutes or until tender. Stir in chicken, reserved broth, rice, and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:8.27, Inflammation Score:-10, Nutrition Score:21.419130333092%

Flavonoids

Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 232.15kcal (11.61%), Fat: 6.02g (9.27%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 16.67g (6.06%), Sugar: 4.16g (4.63%), Cholesterol: 65.32mg (21.77%), Sodium: 1250.49mg (54.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.37%), Vitamin A: 6336.68IU (126.73%), Vitamin B3: 12.36mg (61.82%), Selenium: 39.04µg (55.76%), Vitamin B6: 0.94mg (47.13%), Vitamin K: 39.31µg (37.44%), Phosphorus: 281.86mg (28.19%), Vitamin B5: 2mg (19.97%), Potassium: 689.31mg (19.69%), Manganese: 0.36mg (18.02%), Vitamin C: 9.62mg (11.65%), Vitamin B2: 0.19mg (11.46%), Magnesium: 44.99mg (11.25%), Fiber: 2.42g (9.69%), Vitamin B12: 0.57µg (9.45%), Vitamin B1: 0.14mg (9.33%), Folate: 32.09µg (8.02%), Copper: 0.15mg (7.47%), Iron: 1.27mg (7.04%), Zinc: 1mg (6.69%), Vitamin E: 0.95mg (6.33%), Calcium: 55.58mg (5.56%)