



Poached-Chicken Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 3 pounds meat from a rotisserie chicken skinless cut into 8 pieces,
- ☐ 1 cup chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 1 cup parsley fresh chopped
- ☐ 1 sprig thyme leaves dried fresh

- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 onion chopped
- ☐ 1 pound potatoes red peeled quartered
- ☐ 2 teaspoons salt
- ☐ 2 medium turnips peeled cut into eighths
- ☐ 2 quarts water
- ☐ 1 teaspoon white-wine vinegar

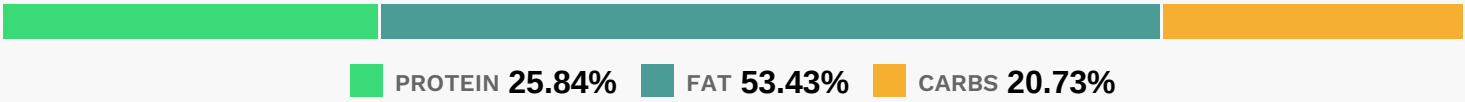
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the onion, carrot, celery, and 1 teaspoon of the salt and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Add the chicken, potatoes, turnips, broth, vinegar, water, thyme, bay leaf, and the remaining 1 teaspoon salt. Cover and bring to a boil.
- ☐ Reduce the heat and simmer, partially covered, until the chicken is just done, about 10 minutes for the breasts and 15 minutes for the legs and thighs; remove each piece as it is done.
- ☐ Continue simmering the soup until the potatoes and turnips are tender, about 5 minutes longer. Stir in the pepper and parsley.
- ☐ Remove the thyme sprig and bay leaf. To serve, divide the chicken pieces among four shallow bowls and ladle the broth and vegetables over them.
- ☐ Wine Recommendation: Though they are America's favorite wines, chardonnays are often quite awkward with food. Here, however, a California chardonnay that is medium-bodied and not too oaky will be just the ticket.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:30.332173751748%

Flavonoids

Apigenin: 32.61mg, Apigenin: 32.61mg, Apigenin: 32.61mg, Apigenin: 32.61mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 544.54kcal (27.23%), Fat: 32.39g (49.84%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 23.54g (8.56%), Sugar: 6.01g (6.68%), Cholesterol: 122.47mg (40.82%), Sodium: 1408mg (61.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.51%), Vitamin K: 266.54µg (253.85%), Vitamin A: 4105.68IU (82.11%), Vitamin B3: 13.89mg (69.43%), Vitamin C: 48.51mg (58.8%), Vitamin B6: 0.9mg (45.13%), Phosphorus: 368.82mg (36.88%), Selenium: 24.74µg (35.35%), Potassium: 1196.1mg (34.17%), Iron: 4.02mg (22.32%), Copper: 0.44mg (21.9%), Manganese: 0.42mg (21.07%), Magnesium: 83.91mg (20.98%), Vitamin B5: 2.09mg (20.88%), Zinc: 3.06mg (20.43%), Fiber: 4.74g (18.95%), Folate: 74.65µg (18.66%), Vitamin B2: 0.31mg (17.96%), Vitamin B1: 0.25mg (16.9%), Vitamin E: 2.01mg (13.41%), Calcium: 107.05mg (10.71%), Vitamin B12: 0.57µg (9.42%), Vitamin D: 0.33µg (2.18%)