



Pressure Cooker Italian Chicken Soup

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce garbanzo beans drained canned (garbanzo beans)
- 1 chicken breast bone-in skinless
- 3 cups chicken stock see
- 1 cup green lentils
- 0.5 cup parsley fresh chopped
- 3 cloves garlic minced
- 2 teaspoons olive oil
- 1 medium onion diced

- 0.5 cup quick-cooking barley
- 1 cup salsa
- 4 turkey sausage italian
- 16 ounce pkt spinach fresh chopped

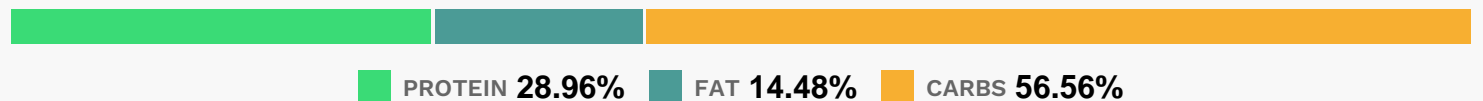
Equipment

- pressure cooker

Directions

- heat 1 teaspoon olive oil in a pressure cooker over medium heat.
- Add sausage meat, and cook until browned, breaking it into crumbles.
- Remove sausage to a plate and drain oil.
- Add another 1 teaspoon of olive oil to pressure cooker; cook onion and garlic until onion is transparent.
- Add barley and stir 1 minute. Return sausage to pressure cooker.
- Add lentils, chicken, parsley, and chicken stock to cooker, adding enough stock to completely cover chicken. Close cover securely; place pressure regulator on vent pipe. Bring pressure cooker to full pressure over high heat (this may take 15 minutes). Reduce heat to medium high; cook for 9 minutes. Pressure regulator should maintain a slow steady rocking motion; adjust heat if necessary.
- Remove pressure cooker from heat; use quick-release following manufacturer's instructions or allow pressure to drop on its own. Open cooker and remove chicken; shred meat and return to soup.
- Add garbanzo beans, spinach and salsa; stir to blend and heat through before serving.

Nutrition Facts



Properties

Glycemic Index:23.24, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:33.281739130435%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 280.72kcal (14.04%), Fat: 4.62g (7.11%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 26.82g (9.75%), Sugar: 4.13g (4.59%), Cholesterol: 21.05mg (7.01%), Sodium: 577.3mg (25.1%), Protein: 20.81g (41.62%), Vitamin K: 339.11µg (322.96%), Vitamin A: 5820.92IU (116.42%), Manganese: 1.51mg (75.58%), Folate: 256.44µg (64.11%), Fiber: 13.83g (55.31%), Vitamin B6: 0.88mg (44.18%), Vitamin B3: 6.5mg (32.52%), Phosphorus: 309.01mg (30.9%), Vitamin C: 24.69mg (29.92%), Magnesium: 117.78mg (29.44%), Selenium: 19.99µg (28.56%), Iron: 5.08mg (28.2%), Potassium: 986.36mg (28.18%), Vitamin B1: 0.37mg (24.52%), Copper: 0.42mg (21.22%), Vitamin B2: 0.3mg (17.92%), Zinc: 2.52mg (16.82%), Vitamin E: 1.92mg (12.83%), Vitamin B5: 1.26mg (12.55%), Calcium: 115.5mg (11.55%)