



Quick Chicken Soup

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



1493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots sliced
- 1 cup celery stalks sliced
- 0.8 pound roasted chicken cooked cut into 1/2-inch pieces (2 cups)
- 1 bay leaves dried
- 1 tablespoon parsley fresh chopped
- 1 tablespoon thyme sprigs dried fresh chopped
- 2 garlic clove finely chopped
- 7 cups chicken broth reduced-sodium (from two 32-ounce cartons)

- 0.5 cup onion chopped
- 1 cup peas green frozen
- 0.3 teaspoon pepper
- 4 ounces rotini pasta uncooked

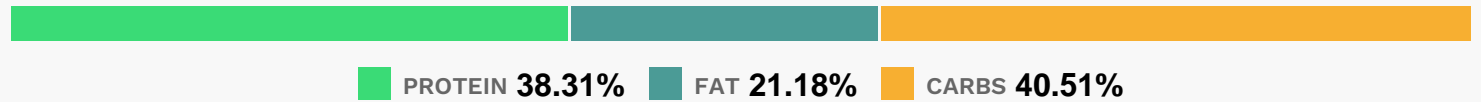
Equipment

- dutch oven

Directions

- Heat all ingredients except pasta in 4-quart Dutch oven. Stir in pasta.
- Heat to boiling, stirring occasionally; reduce heat.
- Simmer uncovered 10 to 15 minutes, stirring occasionally, until pasta and vegetables are tender. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:299.17, Glycemic Load:46.74, Inflammation Score:-10, Nutrition Score:70.459999582042%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 93.13mg, Apigenin: 93.13mg, Apigenin: 93.13mg, Apigenin: 93.13mg Luteolin: 4.78mg, Luteolin: 4.78mg, Luteolin: 4.78mg, Luteolin: 4.78mg Isorhamnetin: 10.63mg, Isorhamnetin: 10.63mg, Isorhamnetin: 10.63mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg

Nutrients (% of daily need)

Calories: 1492.64kcal (74.63%), Fat: 35.6g (54.77%), Saturated Fat: 9.72g (60.77%), Carbohydrates: 153.22g (51.07%), Net Carbohydrates: 132.97g (48.35%), Sugar: 24.42g (27.13%), Cholesterol: 255.15mg (85.05%), Sodium: 947.93mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 144.9g (289.8%), Vitamin A: 23468.31IU (469.37%), Vitamin B3: 56.45mg (282.26%), Selenium: 160.06µg (228.66%), Phosphorus: 1638.16mg (163.82%), Manganese: 2.57mg (128.56%), Vitamin B6: 2.43mg (121.67%), Vitamin C: 90.23mg (109.37%), Potassium: 3722.97mg (106.37%), Vitamin K: 110.99µg (105.71%), Copper: 1.82mg (91.15%), Vitamin B2: 1.5mg (88.06%), Fiber:

20.25g (80.99%), Iron: 13.8mg (76.67%), Zinc: 11.11mg (74.06%), Magnesium: 252.06mg (63.01%), Vitamin B1: 0.86mg (57.4%), Folate: 214.75µg (53.69%), Vitamin B5: 4.74mg (47.35%), Vitamin B12: 2.64µg (43.98%), Calcium: 333.07mg (33.31%), Vitamin E: 1.64mg (10.91%)