

Quick Easy Chicken Barley Soup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup barley
- ☐ 2 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 2 quarts chicken broth
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 0.3 cup rice
- ☐ 2 chicken breast halves boneless skinless chopped

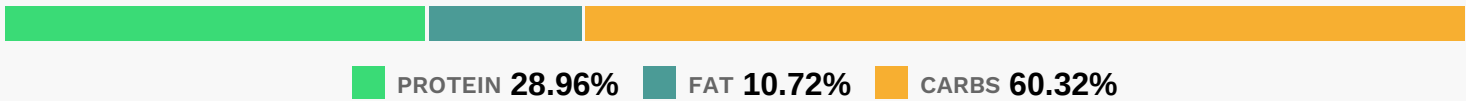
Equipment

☐ pot

Directions

☐ Bring chicken broth to a boil in a large pot. Stir chicken, celery, carrots, onion, barley, rice, salt, and pepper into broth. Reduce heat to medium-high and cook until chicken and rice are cooked through, about 20 minutes. Adjust salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:15.26, Inflammation Score:-10, Nutrition Score:22.354782534682%

Flavonoids

Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 284.19kcal (14.21%), Fat: 3.4g (5.23%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 35.92g (13.06%), Sugar: 5.18g (5.75%), Cholesterol: 45.62mg (15.21%), Sodium: 1863.64mg (81.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.37%), Vitamin A: 5219.39IU (104.39%), Manganese: 1.1mg (55.11%), Selenium: 34.11µg (48.74%), Vitamin B3: 8.98mg (44.92%), Vitamin B6: 0.64mg (31.81%), Fiber: 7.17g (28.69%), Vitamin B2: 0.47mg (27.49%), Phosphorus: 259.87mg (25.99%), Vitamin B1: 0.38mg (25.43%), Potassium: 641.64mg (18.33%), Magnesium: 72.84mg (18.21%), Copper: 0.31mg (15.28%), Vitamin B5: 1.26mg (12.58%), Zinc: 1.82mg (12.16%), Iron: 1.97mg (10.93%), Vitamin K: 10.96µg (10.44%), Folate: 27.56µg (6.89%), Vitamin C: 5.13mg (6.22%), Calcium: 61.02mg (6.1%), Vitamin E: 0.75mg (5%), Vitamin B12: 0.21µg (3.46%)