



Roast Chicken and Rice Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 small carrots peeled thinly sliced
- ☐ 3 cups goat meat white coarsely chopped
- ☐ 1.5 cups brown rice cooked
- ☐ 0.5 cup dill leaves chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 optional: lemon
- ☐ 5 cups lower-sodium chicken broth

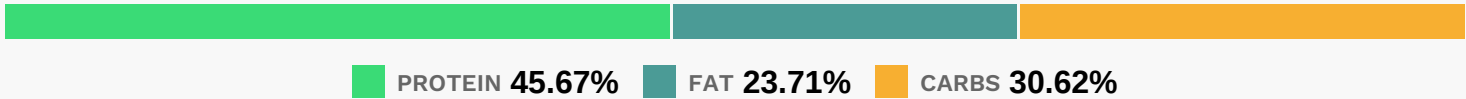
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the broth and carrots to a boil over high heat. Reduce the heat to medium. Simmer until the carrots are tender and cooked through (about 5 minutes).
- ☐ Stir in the salt, pepper, chicken with its sauce, dill, and rice. Simmer, stirring occasionally, until heated through (about 5 minutes).
- ☐ Squeeze in lemon juice to taste and serve hot.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:9.59, Inflammation Score:-10, Nutrition Score:20.02304332671%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 296.92kcal (14.85%), Fat: 7.78g (11.97%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 19.67g (7.15%), Sugar: 1.86g (2.07%), Cholesterol: 78.75mg (26.25%), Sodium: 796.21mg (34.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.43%), Vitamin A: 4679.61IU (93.59%), Vitamin B3: 9.61mg (48.07%), Manganese: 0.95mg (47.72%), Selenium: 25.97µg (37.1%), Vitamin B6: 0.61mg (30.34%), Potassium: 1060.53mg (30.3%), Phosphorus: 275.05mg (27.51%), Vitamin C: 20.78mg (25.19%), Magnesium: 62.83mg (15.71%), Zinc: 2.18mg (14.54%), Vitamin B5: 1.45mg (14.52%), Iron: 2.3mg (12.75%), Vitamin B2: 0.2mg (11.8%), Fiber: 2.93g (11.71%), Vitamin B1: 0.17mg (11.37%), Copper: 0.15mg (7.53%), Folate: 24.73µg (6.18%), Vitamin B12: 0.3µg (5.08%), Calcium: 48.05mg (4.8%), Vitamin K: 3.5µg (3.34%), Vitamin E: 0.21mg (1.38%)