



Roasted Vegetable-Rosemary Chicken Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup pieces bell pepper red (1-inch)
- ☐ 1 cup carrots cubed (1-inch)
- ☐ 1 cup pieces celery (1-inch)
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 56 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup mushrooms coarsely chopped

- ☐ 1 cup onion cubed (1-inch)
- ☐ 2 cups rotini pasta whole wheat uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 1 cup water

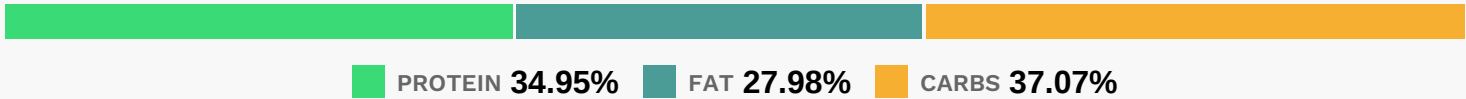
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 5 ingredients in a large bowl; drizzle with oil, and toss well to coat. Arrange vegetable mixture in a single layer on a jelly-roll pan lined with foil.
- ☐ Bake at 375 for 50 minutes or until browned, stirring occasionally.
- ☐ Combine water and next 5 ingredients (through chicken) in a large Dutch oven; bring to a boil. Reduce heat, and simmer 30 minutes.
- ☐ Add roasted vegetables; simmer 30 minutes. Bring soup to a boil.
- ☐ Add pasta; simmer 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:5.87, Inflammation Score:-9, Nutrition Score:16.186521885188%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 184.75kcal (9.24%), Fat: 5.74g (8.83%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.05g (5.47%), Sugar: 3.5g (3.89%), Cholesterol: 36.29mg (12.1%), Sodium: 976.08mg (42.44%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.14g (32.28%), Vitamin A: 3344.89IU (66.9%), Selenium: 33.4µg (47.71%), Vitamin B3: 8.12mg (40.61%), Vitamin C: 27.93mg (33.86%), Vitamin B6: 0.61mg (30.34%), Phosphorus: 200.32mg (20.03%), Vitamin B5: 1.46mg (14.57%), Potassium: 499.85mg (14.28%), Manganese: 0.27mg (13.68%), Vitamin B2: 0.19mg (11.47%), Vitamin K: 9.05µg (8.62%), Vitamin B12: 0.52µg (8.58%), Magnesium: 34.24mg (8.56%), Copper: 0.17mg (8.28%), Fiber: 2.07g (8.27%), Folate: 29.51µg (7.38%), Vitamin B1: 0.11mg (7.17%), Vitamin E: 1.07mg (7.12%), Iron: 1mg (5.58%), Zinc: 0.79mg (5.3%), Calcium: 34.43mg (3.44%)