



Rotisserie Chicken Rice Soup

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



120 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 15 peppercorns black
- 0.8 cup brown rice white
- 2 large carrots divided peeled sliced ()
- 4 large celery stalks divided sliced ()
- 0.3 cup optional: dill chopped
- 1 handful parsley fresh
- 2 lb rotisserie chicken cut

- 8 servings salt to taste
- 1 medium onion yellow rinsed halved , skin on

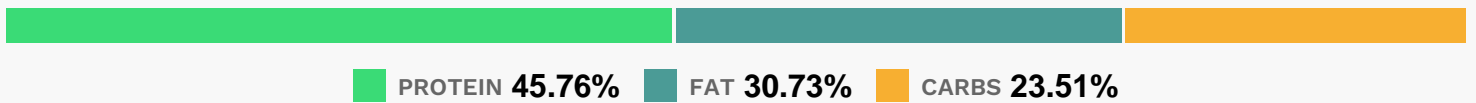
Equipment

- sieve

Directions

- Save Recipe
- Print Recipe
- Rotisserie Chicken Rice Soup
- Ingredients1 2-lb rotisserie chicken 15 black peppercorns4 whole cloves2 bay leaves1 medium yellow onion, rinsed and halved, skin on4 large celery stalks, sliced (divided)2 large carrots, peeled and sliced (divided)1 handful fresh parsley3/4 cup white or brown rice 1/4 cup chopped dill
- Salt to taste
- You will also need2 large 6–8 quart pots, mesh strainer
- Total Time: 2 Hours
- Servings: 8 servings
- Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:30.45, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:7.8395653043104%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 287.65kcal (14.38%), Fat: 9.83g (15.12%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 15.45g (5.62%), Sugar: 1.49g (1.65%), Cholesterol: 108.86mg (36.29%), Sodium: 603.78mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.88%), Vitamin A: 3174.39IU (63.49%), Manganese: 0.76mg (37.9%), Vitamin K: 11.52µg (10.98%), Magnesium: 30.64mg (7.66%), Vitamin B6: 0.14mg (6.88%), Vitamin B1: 0.09mg (6.25%), Phosphorus: 59.38mg (5.94%), Fiber: 1.48g (5.91%), Vitamin B3: 1mg (4.99%), Vitamin C: 4.07mg (4.93%), Potassium: 146.89mg (4.2%), Vitamin B5: 0.35mg (3.47%), Copper: 0.07mg (3.46%), Folate: 13.35µg (3.34%), Iron: 0.57mg (3.14%), Zinc: 0.45mg (3.01%), Calcium: 20.68mg (2.07%), Vitamin B2: 0.03mg (1.66%)