



Sicilian Chicken Soup

READY IN



45 min.

SERVINGS



18

CALORIES



101 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 medium carrots cut into 3 pieces
- 4 celery stalks cut into 3 pieces
- 3 pound meat from a rotisserie chicken
- 1 eggs
- 1 egg white
- 4 flat-leaf parsley sprigs
- 2 large garlic cloves
- 1 medium leek trimmed cut into 3 pieces

- 3 tablespoons pasta star-shaped uncooked (tiny pasta)
- 0.3 teaspoon pepper
- 0.5 ounce romano cheese fresh grated
- 1 teaspoon salt
- 10 cup water

Equipment

- bowl
- sieve
- dutch oven

Directions

- Combine first 9 ingredients in an 8-quart Dutch oven or stockpot; bring to a boil. Cover, reduce heat, and simmer 2 hours.
- Remove from heat.
- Remove chicken and carrot from broth.
- Place chicken in a bowl; cover and chill. Dice carrot; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Cover and chill broth at least 24 hours. Skim solidified fat from surface, and discard. Set aside 8 cups broth, reserving remaining broth for another use.
- Remove chicken from bones; cut into bite-size pieces. Discard bones.
- Combine chicken, carrot, and 8 cups broth in Dutch oven; bring to a boil.
- Add pastina, Romano cheese, salt, and pepper; cook 5 minutes.
- Combine egg and egg white; stir well, and slowly drizzle into boiling broth mixture, stirring constantly. Immediately remove from heat.

Nutrition Facts



Properties

Glycemic Index:14.99, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:4.9069565664167%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.71kcal (5.04%), Fat: 5.99g (9.22%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3g (1.09%), Sugar: 0.64g (0.72%), Cholesterol: 37.13mg (12.38%), Sodium: 183.42mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Vitamin A: 1305.23IU (26.1%), Vitamin B3: 2.57mg (12.84%), Selenium: 6.53µg (9.33%), Vitamin B6: 0.16mg (7.9%), Vitamin K: 7.74µg (7.37%), Phosphorus: 69.42mg (6.94%), Vitamin B2: 0.07mg (4.21%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.57mg (3.81%), Iron: 0.61mg (3.38%), Potassium: 111.24mg (3.18%), Magnesium: 11.92mg (2.98%), Manganese: 0.05mg (2.63%), Copper: 0.05mg (2.6%), Calcium: 24.47mg (2.45%), Vitamin C: 2mg (2.43%), Vitamin B12: 0.14µg (2.41%), Folate: 8.58µg (2.15%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.4g (1.61%), Vitamin E: 0.23mg (1.54%)