



Simple Chicken and Oat Groat Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 0.8 cup carrots chopped
- 1 cup celery chopped
- 2 cups chicken breast boneless skinless chopped
- 4 cups fat-skimmed beef broth fat-free
- 0.3 cup basil fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 2 garlic clove minced

- 1 cup green beans (1-inch)
- 1 cup oat milk uncooked
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 1 cup peas green frozen thawed
- 0.5 teaspoon salt
- 2.5 cups water
- 1 cup zucchini diced

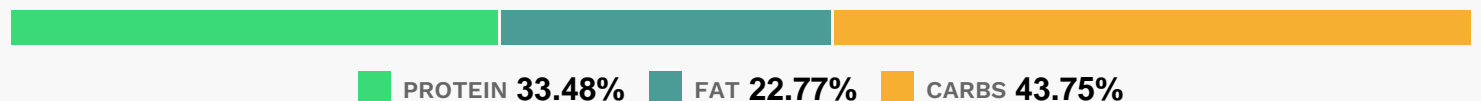
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Combine 2 1/2 cups water and groats in a large saucepan; bring to a boil. Reduce heat, and simmer 45 minutes or until tender (do not overcook).
- Drain; wipe pan with a paper towel.
- Heat oil in pan over medium-high heat.
- Add onion, celery, and carrot; saut 8 minutes or until tender.
- Add zucchini and garlic; saut 2 minutes.
- Add cooked groats, broth, and next 5 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in peas and basil.

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:6.8, Inflammation Score:-10, Nutrition Score:24.637391546498%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg
Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 183.12kcal (9.16%), Fat: 4.82g (7.42%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 15.61g (5.68%), Sugar: 11.54g (12.82%), Cholesterol: 32mg (10.67%), Sodium: 1015.4mg (44.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.91%), Vitamin D: 16.47µg (109.79%), Vitamin A: 3448.46IU (68.97%), Vitamin B3: 7.92mg (39.59%), Vitamin B6: 0.7mg (34.91%), Vitamin C: 28.55mg (34.61%), Vitamin K: 32.66µg (31.1%), Selenium: 20.76µg (29.65%), Manganese: 0.46mg (23.03%), Potassium: 767.88mg (21.94%), Fiber: 5.24g (20.96%), Phosphorus: 208.71mg (20.87%), Vitamin B2: 0.31mg (18.03%), Vitamin B1: 0.22mg (14.52%), Copper: 0.29mg (14.51%), Folate: 57.07µg (14.27%), Iron: 2.56mg (14.22%), Magnesium: 55.43mg (13.86%), Calcium: 136.65mg (13.67%), Vitamin B5: 1.34mg (13.39%), Vitamin E: 1.59mg (10.6%), Zinc: 1.09mg (7.25%), Vitamin B12: 0.4µg (6.71%)