



Slow-Cooker Chicken and Gnocchi Soup

 Dairy Free

READY IN



525 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs boneless skinless cut into 3/4-inch pieces
- 1 cup carrots ()
- 0.5 cup celery chopped (1 medium stalk)
- 0.5 cup onion chopped (1 medium)
- 1 teaspoon thyme leaves dried
- 32 oz chicken broth (4 cups)
- 10.8 oz cream of mushroom soup with roasted garlic soup canned
- 16 oz d gnocchi frozen (not)

9 oz peas sweet frozen thawed

Equipment

frying pan

slow cooker

Directions

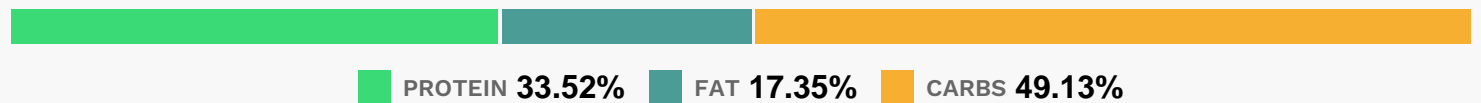
In 10-inch nonstick skillet, cook chicken 5 to 7 minutes, stirring frequently, until browned and no longer pink in the center.

Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix chicken and remaining ingredients except gnocchi and peas.

Cover; cook on Low heat setting 8 to 10 hours.

Increase heat setting to High. Stir in gnocchi and peas. Cover; cook about 30 minutes longer or until gnocchi and peas are tender.

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:19.69, Inflammation Score:-10, Nutrition Score:19.935217245765%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 325.02kcal (16.25%), Fat: 6.26g (9.63%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 34.59g (12.58%), Sugar: 4.75g (5.28%), Cholesterol: 95.34mg (31.78%), Sodium: 1285.59mg (55.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Vitamin A: 3968.85IU (79.38%), Vitamin B3: 7.21mg (36.06%), Selenium: 22.85µg (32.64%), Vitamin B6: 0.57mg (28.28%), Iron: 4.73mg (26.28%), Phosphorus: 257.12mg (25.71%), Vitamin C: 20.05mg (24.3%), Manganese: 0.47mg (23.68%), Vitamin B2: 0.37mg (21.5%), Fiber: 5.28g (21.1%), Zinc: 2.72mg (18.13%), Vitamin K: 18.62µg (17.74%), Vitamin B1: 0.26mg (17.48%),

Potassium: 538.14mg (15.38%), Vitamin B5: 1.38mg (13.85%), Copper: 0.27mg (13.58%), Vitamin B12: 0.72µg (11.94%),
Magnesium: 46.19mg (11.55%), Folate: 44.74µg (11.19%), Calcium: 57.16mg (5.72%), Vitamin E: 0.45mg (3.01%)