



Slow-Cooker Chicken and Pasta Soup

READY IN



500 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots quartered cut into 1-inch pieces
- ☐ 4 ounces feta cheese
- ☐ 4 sprigs optional: dill fresh chopped
- ☐ 4 servings kosher salt
- ☐ 4 lemon zest
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup soup noodles such as pastina
- ☐ 1 cup peas frozen thawed

- ☐ 4 servings pepper freshly ground
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 0.5 bunch pkt spinach fresh stemmed

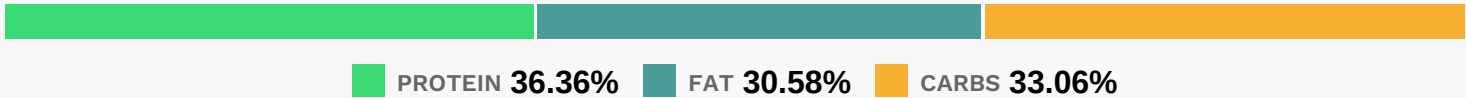
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine the carrots, lemon zest, dill sprigs, olive oil and 1/2 teaspoon salt in a 5-to-6-quart slow cooker. Season the chicken with salt and add to the cooker.
- ☐ Add the broth and 4 cups water, cover and cook on low, about 8 hours.
- ☐ About 20 minutes before serving, add the pasta to the slow cooker, cover and cook until tender, about 15 minutes.
- ☐ Stir the chopped dill, peas and spinach into the soup and cover until the spinach wilts, about 2 minutes. Stir to break up the chicken and season with salt and pepper. Ladle into bowls and crumble the feta on top.
- ☐ Serve with lemon and bread, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:58.79, Glycemic Load:15.23, Inflammation Score:-10, Nutrition Score:41.316086836483%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.93mg, Quercetin: 1.93mg,

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Nutrients (% of daily need)

Calories: 586.01kcal (29.3%), Fat: 20.16g (31.02%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 42.16g (15.33%), Sugar: 7.17g (7.97%), Cholesterol: 134.09mg (44.7%), Sodium: 863.21mg (37.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.94g (107.88%), Vitamin A: 14642.84IU (292.86%), Vitamin K: 227.55µg (216.71%), Vitamin B3: 22.95mg (114.74%), Selenium: 59.87µg (85.53%), Vitamin B6: 1.66mg (82.86%), Phosphorus: 605.88mg (60.59%), Vitamin C: 39.99mg (48.48%), Potassium: 1383.21mg (39.52%), Vitamin B2: 0.65mg (38.19%), Folate: 134.58µg (33.64%), Manganese: 0.67mg (33.32%), Vitamin B5: 2.95mg (29.51%), Fiber: 6.86g (27.45%), Magnesium: 106.02mg (26.5%), Iron: 4.67mg (25.92%), Calcium: 238.06mg (23.81%), Vitamin B1: 0.33mg (21.75%), Zinc: 2.88mg (19.19%), Vitamin E: 2.71mg (18.07%), Vitamin B12: 1.06µg (17.59%), Copper: 0.33mg (16.46%), Vitamin D: 0.28µg (1.89%)