



 **75%**
HEALTH SCORE

Slow-Cooker Italian Chicken-Lentil Soup

 **Gluten Free**  **Very Healthy**

READY IN



330 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken thighs boneless skinless
- 0.5 cup onion chopped
- 2 cups zucchini chopped
- 2 cups carrots sliced
- 8 oz lentils dried rinsed
- 4.5 cups chicken broth (from two 32-oz cartons)
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

- 3 oz mushrooms fresh sliced
- 28 oz canned tomatoes diced organic undrained canned
- 0.3 cup basil dried fresh chopped
- 1 serving parmesan shredded

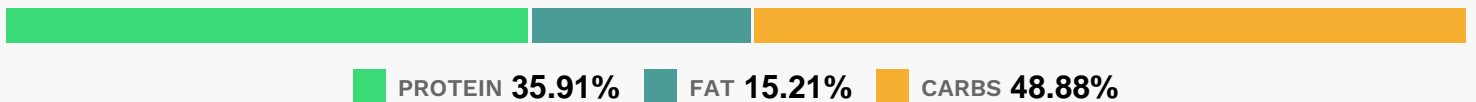
Equipment

- slow cooker

Directions

- Remove fat from chicken. In 3 1/2- to 4-quart slow cooker, mix onion, zucchini, carrots, lentils, broth, salt and pepper.
- Add chicken.
- Cover; cook on Low heat setting 5 to 6 hours.
- Remove chicken from slow cooker. Use 2 forks to pull chicken into shreds. Return chicken to slow cooker. Stir in mushrooms and tomatoes. Cover; cook on Low heat setting about 15 minutes longer or until thoroughly heated.
- Sprinkle with basil.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:40.41, Glycemic Load:7.38, Inflammation Score:-10, Nutrition Score:46.41043494577%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 352.05kcal (17.6%), Fat: 6.24g (9.6%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 25.38g (9.23%), Sugar: 11.46g (12.73%), Cholesterol: 78.74mg (26.25%), Sodium: 1213.46mg (52.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.31%), Vitamin K: 187.79µg (178.85%), Vitamin A: 7644.53IU (152.89%), Manganese: 1.97mg (98.71%), Iron: 14.58mg (81.01%), Fiber: 19.76g (79.03%), Folate: 255.17µg (63.79%), Vitamin B6: 1.03mg (51.64%), Phosphorus: 469.77mg (46.98%), Magnesium: 179.33mg (44.83%), Vitamin B3: 8.84mg (44.2%), Potassium: 1539.52mg (43.99%), Vitamin B1: 0.61mg (40.57%), Copper: 0.81mg (40.42%), Calcium: 384.69mg (38.47%), Vitamin B2: 0.65mg (37.98%), Selenium: 24.66µg (35.22%), Zinc: 4.61mg (30.71%), Vitamin C: 25.11mg (30.44%), Vitamin B5: 2.64mg (26.36%), Vitamin E: 3.45mg (22.98%), Vitamin B12: 0.58µg (9.75%)