



Slow-Cooker Italian Chicken-Pasta Soup

 Dairy Free

READY IN



610 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 1 cup carrots diced (2 medium)
- ☐ 0.5 cup onion finely chopped (1 medium)
- ☐ 0.5 cup olives pitted ripe halved
- ☐ 2 cloves garlic finely chopped
- ☐ 32 ounces chicken broth
- ☐ 14.5 ounces canned tomatoes diced italian-style undrained canned
- ☐ 0.5 cup shells uncooked

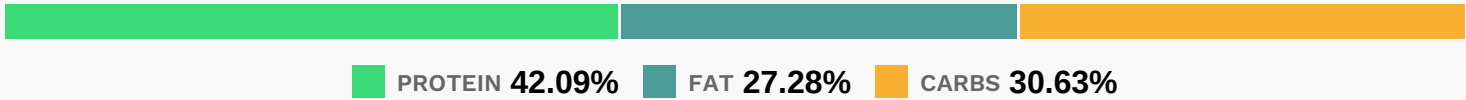
Equipment

☐ slow cooker

Directions

- ☐ Mix all ingredients except pasta in 3 1/2- to 4-quart slow cooker.
- ☐ Cover and cook on Low heat setting 8 to 10 hours.
- ☐ About 30 minutes before serving, stir in pasta. Increase heat setting to High. Cover and cook 20 to 30 minutes or until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:30.64, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:17.203043357186%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 206.25kcal (10.31%), Fat: 6.31g (9.71%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 13.15g (4.78%), Sugar: 5.53g (6.15%), Cholesterol: 92.8mg (30.93%), Sodium: 926.9mg (40.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.81%), Vitamin A: 3781.52IU (75.63%), Selenium: 27.97µg (39.96%), Vitamin B3: 6.85mg (34.23%), Vitamin B6: 0.6mg (29.82%), Phosphorus: 233.75mg (23.37%), Vitamin B2: 0.31mg (18.53%), Manganese: 0.35mg (17.54%), Potassium: 574.53mg (16.42%), Vitamin B5: 1.46mg (14.57%), Vitamin B1: 0.2mg (13.35%), Zinc: 1.93mg (12.9%), Copper: 0.26mg (12.82%), Magnesium: 46.75mg (11.69%), Iron: 2.02mg (11.25%), Fiber: 2.78g (11.14%), Vitamin E: 1.67mg (11.13%), Vitamin C: 8.86mg (10.74%), Vitamin B12: 0.63µg (10.58%), Vitamin K: 9.42µg (8.97%), Calcium: 57.36mg (5.74%), Folate: 21.14µg (5.29%)