



WHATShEATE



Southern Italian Chicken Soup

READY IN



50 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 oz blackeyed peas drained and rinsed canned
- ☐ 15.5 oz canned tomatoes diced canned
- ☐ 2 carrots chopped
- ☐ 1 rib celery stalks thinly sliced
- ☐ 9 oz cheese tortellini refrigerated
- ☐ 24 oz chicken breast
- ☐ 6 cups chicken broth
- ☐ 1 garlic clove minced

- ☐ 1 teaspoon seasoning dried italian
- ☐ 2 cups okra fresh sliced
- ☐ 3 tablespoons olive oil divided
- ☐ 1 large onion diced
- ☐ 8 servings parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt

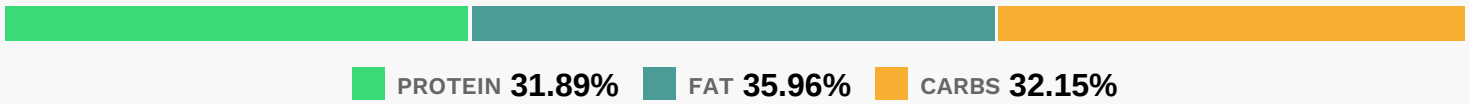
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Saut first 4 ingredients in 2 Tbsp. hot oil in a large Dutch oven over medium-high heat 3 to 5 minutes or until tender. Stir in broth and next 3 ingredients; bring to a boil, stirring occasionally. Reduce heat to medium, and simmer, stirring occasionally, 10 minutes.
- ☐ Meanwhile, sprinkle chicken with salt and black pepper. Cook in remaining 1 Tbsp. hot oil in a large nonstick skillet over medium-high heat 5 minutes on each side or until lightly browned. Cool slightly (about 5 minutes); cut into 1-inch pieces.
- ☐ Add okra, black-eyed peas, and chicken to Dutch oven. Simmer, stirring occasionally, 10 minutes or until okra is tender.
- ☐ Add tortellini, and cook, stirring occasionally, 3 minutes or until tortellini is done.
- ☐ Serve with Parmesan.

Nutrition Facts



Properties

Glycemic Index:41.73, Glycemic Load:11.92, Inflammation Score:-10, Nutrition Score:28.142608823984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 484.45kcal (24.22%), Fat: 19.51g (30.01%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 31.69g (11.52%), Sugar: 7.81g (8.68%), Cholesterol: 96.18mg (32.06%), Sodium: 1650.41mg (71.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.93g (77.85%), Vitamin A: 3165.97IU (63.32%), Selenium: 40.49µg (57.85%), Vitamin B3: 10.67mg (53.34%), Phosphorus: 506.5mg (50.65%), Vitamin B6: 0.9mg (45.25%), Calcium: 388.96mg (38.9%), Manganese: 0.76mg (38%), Folate: 148.74µg (37.18%), Fiber: 7.54g (30.16%), Potassium: 874.11mg (24.97%), Magnesium: 93.52mg (23.38%), Vitamin B2: 0.38mg (22.52%), Iron: 3.87mg (21.51%), Vitamin B1: 0.32mg (21.46%), Zinc: 3mg (20.01%), Vitamin K: 19.47µg (18.54%), Vitamin B5: 1.84mg (18.37%), Copper: 0.36mg (17.78%), Vitamin C: 14.46mg (17.52%), Vitamin E: 2.22mg (14.83%), Vitamin B12: 0.61µg (10.17%), Vitamin D: 0.23µg (1.57%)