

Spaghetti Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots chopped
- ☐ 1 stalk celery finely chopped
- ☐ 4 cups natural chicken broth swanson®
- ☐ 10.8 ounce campbell's® condensed tomato soup canned
- ☐ 2 cloves garlic minced
- ☐ 1 medium onion chopped
- ☐ 0.5 pound chicken breast halves boneless skinless cut into cubes
- ☐ 3 ounces pasta like spaghetti uncooked

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

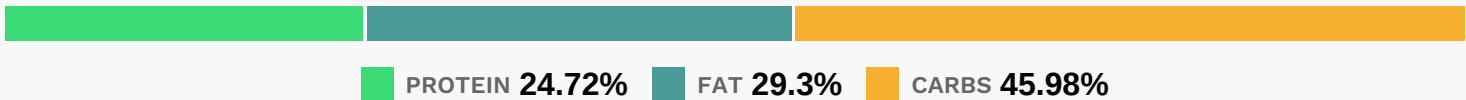
Equipment

- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in a saucepot over medium-high heat.
- ☐ Add the chicken and cook until it is browned, stirring often.
- ☐ Remove the chicken.
- ☐ Stir in the remaining oil and heat over medium heat.
- ☐ Add the onion and cook for 1 minute.
- ☐ Add the carrots and cook for 1 minute.
- ☐ Add the celery and garlic and cook for 1 minute.
- ☐ Stir in the broth, soup and water.
- ☐ Heat to a boil. Stir in the pasta. Cook for 10 minutes or until pasta is tender.
- ☐ Add the chicken and parsley, if desired, and heat through.

Nutrition Facts



Properties

Glycemic Index:53.58, Glycemic Load:11.63, Inflammation Score:-9, Nutrition Score:17.238695699236%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 290.03kcal (14.5%), Fat: 9.51g (14.64%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 30.91g (11.24%), Sugar: 10.02g (11.13%), Cholesterol: 40.99mg (13.66%), Sodium: 1250.86mg (54.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Vitamin A: 3373.04IU (67.46%), Selenium: 35.22µg (50.31%), Vitamin B3: 7.69mg (38.47%), Vitamin B6: 0.6mg (30.21%), Manganese: 0.51mg (25.67%), Potassium: 857.45mg (24.5%), Phosphorus: 211.24mg (21.12%), Vitamin K: 20.52µg (19.54%), Vitamin C: 14.38mg (17.43%), Vitamin B2: 0.24mg (14.4%), Magnesium: 46mg (11.5%), Vitamin B1: 0.17mg (11.09%), Fiber: 2.68g (10.73%), Vitamin B5: 1.04mg (10.37%), Copper: 0.19mg (9.32%), Vitamin E: 1.19mg (7.95%), Zinc: 1.06mg (7.04%), Iron: 1.26mg (6.99%), Calcium: 47.36mg (4.74%), Folate: 18.39µg (4.6%), Vitamin B12: 0.16µg (2.67%)