



Speedy Asian Soup

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup asian sesame dressing toasted kraft
- ☐ 2 cups chicken broth and water fat-free reduced-sodium
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 cup brown rice instant uncooked
- ☐ 2 cups stir-fry vegetables red frozen (broccoli, baby corn, snow peas, peppers, mushrooms)
- ☐ 2 tsp lite soy sauce

Equipment

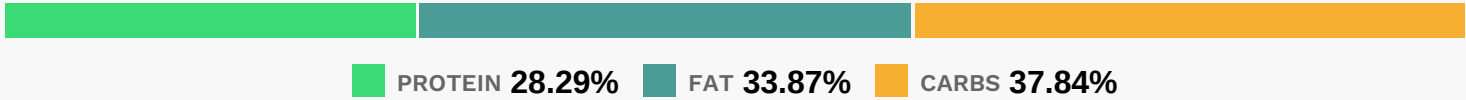
- ☐ bowl

☐ microwave

Directions

- ☐ Combine 1/4 cup rice, 1 Tbsp. dressing and 1/2 tsp. soy sauce in each of 4 microwaveable soup bowls.
- ☐ Add 1/2 cup of each of the remaining ingredients to each bowl; stir. Cover with waxed paper.
- ☐ Microwave on HIGH 5 to 7 min. or until heated through.
- ☐ Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:18.840434779292%

Nutrients (% of daily need)

Calories: 332.4kcal (16.62%), Fat: 12.57g (19.35%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 27.39g (9.96%), Sugar: 1.53g (1.7%), Cholesterol: 52.5mg (17.5%), Sodium: 885.47mg (38.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.26%), Vitamin A: 4655.31IU (93.11%), Vitamin B3: 8.91mg (44.57%), Selenium: 28.35µg (40.5%), Vitamin B1: 0.36mg (24.21%), Manganese: 0.47mg (23.66%), Phosphorus: 235.63mg (23.56%), Folate: 90.69µg (22.67%), Vitamin B6: 0.42mg (21.12%), Iron: 3.39mg (18.83%), Fiber: 4.23g (16.92%), Vitamin B2: 0.21mg (12.63%), Zinc: 1.83mg (12.21%), Potassium: 423.97mg (12.11%), Vitamin C: 9.46mg (11.47%), Vitamin B5: 1.07mg (10.69%), Magnesium: 41.88mg (10.47%), Copper: 0.19mg (9.41%), Vitamin K: 8.77µg (8.35%), Vitamin B12: 0.43µg (7.17%), Vitamin E: 0.79mg (5.27%), Calcium: 43.99mg (4.4%)