



## Speedy Ginger-Chicken Soup Bowls

 **Gluten Free**  **Dairy Free**

READY IN



**15 min.**

SERVINGS



**15**

CALORIES



**38 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup oscar mayer carving board flame grilled chicken breast strips
- 2 cups chicken broth fat-free reduced-sodium
- 4 tsp gingerroot minced
- 0.8 cup rice white instant uncooked
- 2 cups cut-up vegetables fresh sliced thin ( red pepper strips, carrots and green onions)
- 2 cups water

### Equipment

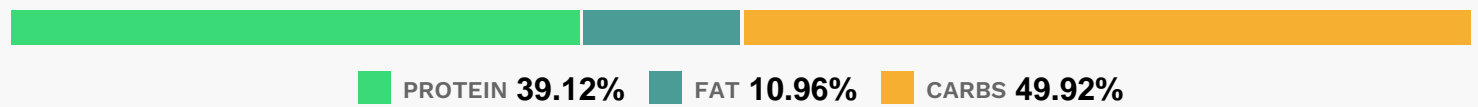
- bowl

microwave

## Directions

- Combine 3 Tbsp. rice and 1 tsp. ginger in each of 4 microwaveable soup bowls.
- Top each with 1/4 cup chicken and 1/2 cup vegetables; stir.
- Add 1/2 cup each broth and water to each bowl; cover with waxed paper. Microwave on HIGH 2 min.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.7856521552995%

## Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 37.64kcal (1.88%), Fat: 0.45g (0.7%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.22g (1.53%), Sugar: 0.37g (0.41%), Cholesterol: 7.93mg (2.64%), Sodium: 134.91mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin K: 27.63µg (26.32%), Vitamin B3: 1.82mg (9.12%), Selenium: 4.93µg (7.04%), Folate: 21.09µg (5.27%), Vitamin B1: 0.06mg (3.73%), Vitamin B6: 0.07mg (3.72%), Manganese: 0.07mg (3.49%), Phosphorus: 34.8mg (3.48%), Iron: 0.61mg (3.39%), Vitamin C: 2.53mg (3.07%), Vitamin A: 134.89IU (2.7%), Potassium: 73.15mg (2.09%), Copper: 0.04mg (1.76%), Fiber: 0.44g (1.76%), Magnesium: 6.82mg (1.71%), Vitamin B2: 0.03mg (1.71%), Vitamin B5: 0.16mg (1.56%), Vitamin B12: 0.09µg (1.54%), Zinc: 0.22mg (1.45%), Calcium: 14.19mg (1.42%)