



WHATSheATE



HEALTH SCORE

53%

Spiced Chicken Soup



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 servings pepper black freshly ground
- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 3 cherry peppers red italian seeded finely chopped
- ☐ 8 ounces chicken breasts split bone-in skinless
- ☐ 4 servings parsley fresh chopped for garnish
- ☐ 1 tablespoon garlic chopped

- ☐ 0.5 optional: lemon peeled
- ☐ 4 servings lemon wedges for serving
- ☐ 8 cups chicken stock see low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 8 ounces rotini pasta cooked
- ☐ 4 servings salt smoked
- ☐ 4 yukon gold potatoes scrubbed chopped well

Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In a large stockpot or Dutch oven over medium heat, add the olive oil. Next, add the carrots, celery, garlic, bay leaf and onions.
- ☐ Saute until the vegetable begin to wilt, about 5 minutes. Next, add the cherry peppers and lemon peel and continue to saute for another 2 minutes.
- ☐ Add in the chicken stock and chicken pieces and sprinkle with smoked salt, if using, and pepper. Bring the soup to a gentle simmer and cook, about 30 minutes.
- ☐ Remove the chicken to a plate and wait until the pieces are cool enough to handle. Either with 2 forks or with your hands, pull the meat from the bone and shred, taking care to remove any cartilage. Once all of the meat is pulled from the bone, add the meat back to the soup and discard the bones.
- ☐ In the meantime, add the potatoes to the soup, cover and continue to cook and additional 15 minutes. Taste the soup again for seasoning, adding more salt and pepper, if necessary.
- ☐ Add in the noodles.
- ☐ Serve the soup in warmed bowls.
- ☐ Garnish with a squeeze of lemon and some parsley.

Nutrition Facts



 **PROTEIN 23.12%**  **FAT 27.92%**  **CARBS 48.96%**

Properties

Glycemic Index:95.77, Glycemic Load:31.75, Inflammation Score:-10, Nutrition Score:31.912608286609%

Flavonoids

Eriodictyol: 3.1mg, Eriodictyol: 3.1mg, Eriodictyol: 3.1mg, Eriodictyol: 3.1mg Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 491.61kcal (24.58%), Fat: 15.67g (24.11%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 61.84g (20.61%), Net Carbohydrates: 54.58g (19.85%), Sugar: 5.29g (5.88%), Cholesterol: 36.29mg (12.1%), Sodium: 631.64mg (27.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.41%), Vitamin A: 5460.96IU (109.22%), Vitamin K: 79.74µg (75.95%), Vitamin B3: 14.81mg (74.07%), Vitamin C: 51.66mg (62.62%), Vitamin B6: 1.12mg (55.87%), Selenium: 34.14µg (48.78%), Potassium: 1547.2mg (44.21%), Phosphorus: 417.11mg (41.71%), Manganese: 0.59mg (29.51%), Fiber: 7.26g (29.06%), Copper: 0.54mg (26.99%), Iron: 3.85mg (21.4%), Magnesium: 79.1mg (19.77%), Vitamin B2: 0.3mg (17.57%), Vitamin B5: 1.55mg (15.5%), Vitamin B1: 0.23mg (15.32%), Folate: 52.43µg (13.11%), Vitamin E: 1.93mg (12.89%), Zinc: 1.78mg (11.87%), Vitamin B12: 0.59µg (9.76%), Calcium: 76.46mg (7.65%)