



Swanson® Roasted Chicken with Caramelized Onions Soup

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 8 cups chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 medium onions halved thinly sliced
- ☐ 0.8 cup soup noodles trumpet-shaped uncooked (campanelle)
- ☐ 2 cups roasted chicken shredded

☐ 2 teaspoons vegetable oil

Equipment

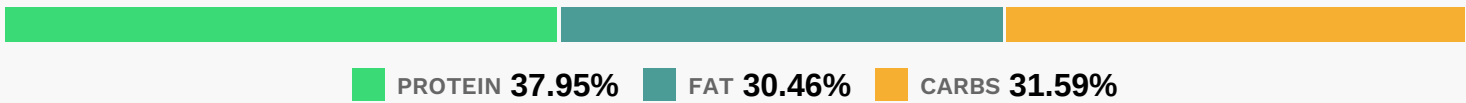
☐ frying pan

☐ sauce pan

Directions

- ☐ Heat oil in 10-inch skillet over medium-high heat.
- ☐ Add onions and cook until they begin to brown, stirring occasionally. Reduce heat to medium. Cook until onions are tender and caramelized, stirring occasionally.
- ☐ Remove skillet from heat.
- ☐ Heat broth, black pepper, carrots and celery in 4-quart saucepan over medium-high heat to a boil. Stir pasta and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until pasta is tender. Stir in onions and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:3.72, Inflammation Score:-9, Nutrition Score:11.586956625399%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 162.79kcal (8.14%), Fat: 5.47g (8.42%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 11.12g (4.04%), Sugar: 4.24g (4.72%), Cholesterol: 41.27mg (13.76%), Sodium: 1224.09mg (53.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Vitamin A: 3483.11IU (69.66%), Selenium: 17.73µg (25.33%), Vitamin B3: 4.78mg (23.89%), Vitamin B2: 0.29mg (16.9%), Manganese: 0.32mg (15.81%), Vitamin B6: 0.28mg (14.2%), Phosphorus: 137.32mg (13.73%), Potassium: 333.81mg (9.54%), Vitamin K: 9.57µg (9.12%), Vitamin B1: 0.13mg (8.97%), Zinc: 1.16mg (7.76%), Fiber: 1.66g (6.63%), Vitamin B5: 0.65mg (6.48%), Copper: 0.12mg

(6.2%), Magnesium: 24.55mg (6.14%), Iron: 1.05mg (5.84%), Vitamin C: 4.33mg (5.24%), Folate: 19.32µg (4.83%), Calcium: 40.37mg (4.04%), Vitamin B12: 0.2µg (3.3%), Vitamin E: 0.43mg (2.89%)