



HEALTH SCORE

70%

The Story of My Life Chicken Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



10

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups butternut squash diced finely
- ☐ 1 cup carrots diced finely
- ☐ 1 cup celery diced finely
- ☐ 0.5 cup dill sprigs fresh loosely packed
- ☐ 1 bay leaf dried
- ☐ 2 medium ears corn fresh cut into 1/2-inch rounds, or 1 cup corn kernels
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 limes cut into wedges

- ☐ 4 quarts chicken stock see low-sodium
- ☐ 10 servings salt and pepper black freshly ground to taste
- ☐ 1 serrano chiles thinly sliced
- ☐ 4 pounds chicken pieces bone-in skinless
- ☐ 2 cups sweet potatoes and into diced peeled
- ☐ 2 cups onion yellow minced

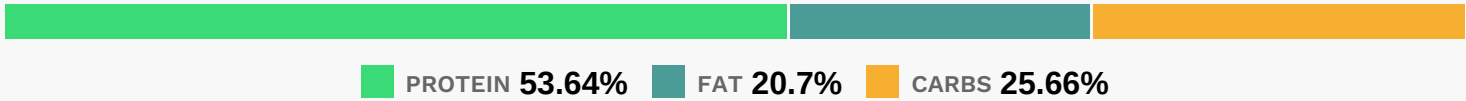
Equipment

- ☐ pot

Directions

- ☐ Place first 6 ingredients in a large stockpot. (Chicken should be covered by 1 inch of liquid.) Bring to a boil over high heat. Reduce heat, and simmer 1 hour or until chicken is cooked through.
- ☐ Transfer chicken to a plate, and set aside.
- ☐ Add squash and next 4 ingredients to pot. Simmer 20 minutes or until vegetables are cooked al dente.
- ☐ Shred chicken, and add to vegetables in pot. Simmer 5 minutes or until chicken is heated through.
- ☐ Remove bay leaf, and discard. Stir in cilantro; season with salt and pepper.
- ☐ Garnish each serving with lime wedges.

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:27.570869362873%

Flavonoids

Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.63mg, Isorhamnetin:

2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 354.56kcal (17.73%), Fat: 8.32g (12.8%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 19.88g (7.23%), Sugar: 5.85g (6.5%), Cholesterol: 127.01mg (42.34%), Sodium: 292.24mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.49g (96.98%), Vitamin A: 9288.85IU (185.78%), Vitamin B3: 21.25mg (106.27%), Vitamin B6: 1.01mg (50.67%), Phosphorus: 488.09mg (48.81%), Selenium: 29.19µg (41.69%), Potassium: 1134.56mg (32.42%), Vitamin C: 21.79mg (26.42%), Vitamin B2: 0.44mg (25.71%), Vitamin B5: 2.53mg (25.33%), Zinc: 3.53mg (23.52%), Magnesium: 81.23mg (20.31%), Copper: 0.4mg (19.88%), Iron: 3.26mg (18.12%), Vitamin B12: 1.05µg (17.5%), Vitamin B1: 0.24mg (16.28%), Manganese: 0.31mg (15.5%), Fiber: 3.32g (13.26%), Folate: 48.92µg (12.23%), Vitamin K: 10.45µg (9.95%), Calcium: 84.54mg (8.45%), Vitamin E: 1.03mg (6.87%), Vitamin D: 0.18µg (1.21%)