



Tuscan Chicken Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce cannellini beans white rinsed drained canned
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 14 ounce beef broth fat-free canned
- ☐ 1 cup onion chopped
- ☐ 8 teaspoons parmesan fresh grated

- ☐ 7 ounce roasted peppers red rinsed drained cut into 1/2-inch pieces
- ☐ 0.1 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 2 tablespoons tomato paste

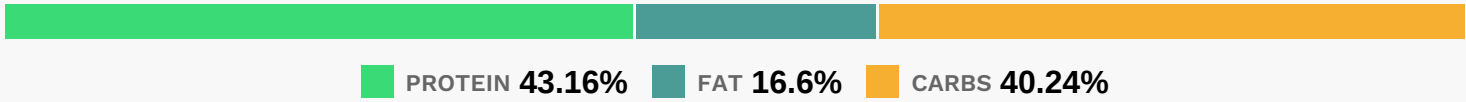
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine first 9 ingredients in an electric slow cooker. Cover and cook on HIGH for 1 hour. Reduce heat to LOW; cook 3 hours. Stir in rosemary and spinach; cover and cook on LOW for 10 minutes.
- ☐ Ladle soup into bowls; top each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:7.2, Inflammation Score:-10, Nutrition Score:34.127391040649%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 315.13kcal (15.76%), Fat: 5.89g (9.07%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 24.43g (8.89%), Sugar: 3.2g (3.55%), Cholesterol: 109.09mg (36.36%), Sodium: 1170.85mg (50.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.49g (68.97%), Vitamin K: 213.11µg (202.96%), Vitamin A: 4412.37IU (88.25%), Manganese: 1.16mg (57.82%), Vitamin C: 40.44mg (49.01%), Folate: 172.88µg (43.22%), Vitamin B6: 0.85mg (42.55%), Selenium: 29.3µg (41.86%), Potassium: 1420.78mg (40.59%), Phosphorus:

375.32mg (37.53%), Vitamin B3: 7.35mg (36.75%), Iron: 6.03mg (33.48%), Magnesium: 128.38mg (32.1%), Fiber: 7.72g (30.89%), Copper: 0.48mg (24.19%), Zinc: 3.43mg (22.87%), Vitamin B2: 0.37mg (21.63%), Calcium: 190.72mg (19.07%), Vitamin B1: 0.28mg (18.55%), Vitamin B5: 1.69mg (16.89%), Vitamin E: 2.27mg (15.11%), Vitamin B12: 0.75µg (12.5%)