



Victory Garden Chicken-Vegetable Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium carrots peeled sliced
- ☐ 3.5 pound chicken cut into 8 pieces
- ☐ 0.8 cup wine dry white
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 cup ears corn fresh
- ☐ 4 ounces green beans trimmed cut into 1-inch pieces
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion finely chopped

- ☐ 1 pound potatoes – remove skin peeled cut into 1/2-inch pieces
- ☐ 2 teaspoons salt
- ☐ 2 cups pkt spinach fresh packed thinly sliced ()
- ☐ 1 pound tomatoes coarsely chopped
- ☐ 8 cups water
- ☐ 2 medium zucchini trimmed cut into 1/2-inch pieces

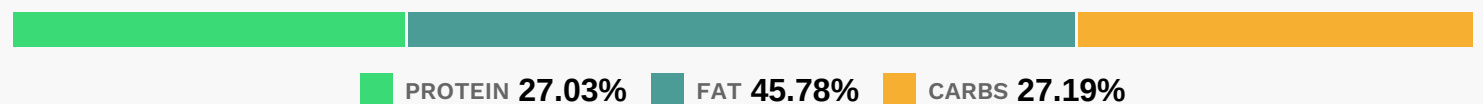
Equipment

- ☐ pot

Directions

- ☐ Bring chicken, water, wine and 1 teaspoon salt to boil in large pot, skimming surface. Cover; simmer until chicken is cooked through, about 25 minutes.
- ☐ Transfer chicken breast and thigh pieces to platter (leave remaining chicken and stock in pot).
- ☐ Remove meat from bones; cut into 1/2-inch pieces. Cover and chill meat. Return scraps and bones to pot.
- ☐ Cover stock and simmer 1 hour. Strain. Cool stock slightly. Chill overnight. Spoon fat off top and discard.
- ☐ Heat 2 teaspoons oil in large pot over medium heat.
- ☐ Add onion; sauté until golden, about 6 minutes.
- ☐ Add stock and bring to boil.
- ☐ Add potatoes, tomatoes, carrots, green beans and 1 teaspoon salt. Simmer 10 minutes.
- ☐ Add zucchini and corn; simmer until vegetables are tender, about 15 minutes. Stir in spinach and chicken meat. Simmer until chicken is heated through, about 3 minutes. Stir in basil. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:28.681304351143%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 436.17kcal (21.81%), Fat: 21.43g (32.97%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 23.4g (8.51%), Sugar: 9.28g (10.31%), Cholesterol: 95.25mg (31.75%), Sodium: 938.47mg (40.8%), Alcohol: 3.09g (100%), Alcohol %: 0.49% (100%), Protein: 28.48g (56.96%), Vitamin A: 7222.83IU (144.46%), Vitamin K: 79.93µg (76.13%), Vitamin B3: 11.25mg (56.27%), Vitamin C: 40.74mg (49.38%), Vitamin B6: 0.89mg (44.49%), Potassium: 1244.41mg (35.55%), Phosphorus: 331.51mg (33.15%), Manganese: 0.62mg (31.11%), Selenium: 19.31µg (27.59%), Magnesium: 96.2mg (24.05%), Folate: 94.52µg (23.63%), Fiber: 5.25g (20.99%), Vitamin B2: 0.33mg (19.51%), Vitamin B5: 1.91mg (19.12%), Vitamin B1: 0.29mg (19.07%), Copper: 0.36mg (17.94%), Zinc: 2.65mg (17.63%), Iron: 3mg (16.66%), Vitamin E: 1.58mg (10.53%), Calcium: 86.22mg (8.62%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.25µg (1.69%)