



White Wine Chicken Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 medium head garlic peeled
- ☐ 2 large onions chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 2 parsnips peeled chopped

- ☐ 2 potatoes peeled chopped
- ☐ 10 servings salt and pepper to taste
- ☐ 1 sweet potatoes and into cubed peeled
- ☐ 1 packet chicken vegetable soup mix
- ☐ 8 cups water
- ☐ 750 milliliter white wine
- ☐ 2 zucchini chopped

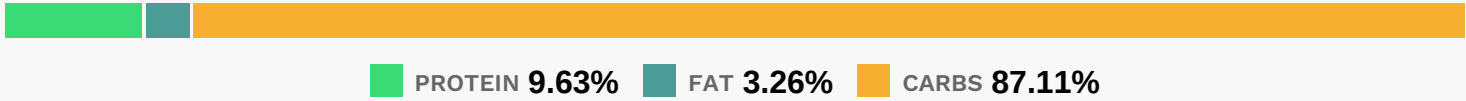
Equipment

- ☐ dutch oven

Directions

- ☐ In a large soup pot or Dutch oven, combine chicken, parsnips, garlic, onions, carrots, zucchini, parsley, celery, potatoes, sweet potato, soup mix, oregano, paprika, water, wine, salt and pepper. Cover and bring to a boil over high heat. Boil 30 minutes, partially covered, then reduce heat to low and simmer another 90 minutes.

Nutrition Facts



Properties

Glycemic Index:45.66, Glycemic Load:12.15, Inflammation Score:-10, Nutrition Score:17.974782663843%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 6.7mg, Apigenin: 6.7mg, Apigenin: 6.7mg, Apigenin: 6.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 177.37kcal (8.87%), Fat: 0.47g (0.72%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 22.85g (8.31%), Sugar: 7.39g (8.22%), Cholesterol: 0mg (0%), Sodium: 259.39mg (11.28%), Alcohol: 7.84g (100%), Alcohol %: 2.09% (100%), Protein: 3.13g (6.26%), Vitamin A: 8782.43IU (175.65%), Vitamin K: 69.19µg (65.89%), Vitamin C: 30.38mg (36.82%), Manganese: 0.63mg (31.33%), Fiber: 5.46g (21.85%), Vitamin B6: 0.43mg (21.69%), Potassium: 729.25mg (20.84%), Folate: 60.57µg (15.14%), Magnesium: 52.47mg (13.12%), Phosphorus: 114.25mg (11.43%), Copper: 0.22mg (10.87%), Vitamin B1: 0.15mg (9.77%), Iron: 1.64mg (9.09%), Calcium: 79.81mg (7.98%), Vitamin B5: 0.79mg (7.85%), Vitamin B2: 0.13mg (7.81%), Vitamin B3: 1.51mg (7.57%), Vitamin E: 0.98mg (6.5%), Zinc: 0.83mg (5.55%), Selenium: 1.63µg (2.32%)