



Yucatan-Style Chicken, Lime, and Orzo Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cilantro sprigs fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 6 garlic cloves thinly sliced
- ☐ 2 jalapeño chiles thinly sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 5 cups low-salt chicken broth
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 cup orzo pasta) (rice-shaped

- ☐ 0.8 pound chicken breasts boneless skinless cut into matchstick-size strips
- ☐ 1 large tomatoes seeded chopped
- ☐ 1 medium onion white thinly sliced

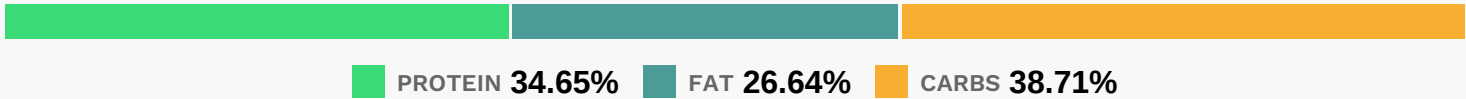
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Cook orzo in pot of boiling salted water until just tender.
- ☐ Drain well.
- ☐ Heat oil in large saucepan over medium heat.
- ☐ Add onion, garlic, and chiles. Sauté until onion begins to brown, about 4 minutes.
- ☐ Add chicken; sauté 1 minute.
- ☐ Add broth, lime juice, and tomato. Simmer until chicken is cooked through, about 3 minutes.
- ☐ Mix in orzo, then chopped cilantro. Season soup with salt and pepper. Ladle soup into 4 bowls.
- ☐ Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:9.98, Inflammation Score:-7, Nutrition Score:18.797391158083%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg
Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.94mg, Quercetin: 6.94mg,
Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 326.87kcal (16.34%), Fat: 9.83g (15.12%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 32.14g (10.71%), Net
Carbohydrates: 29.84g (10.85%), Sugar: 4.1g (4.55%), Cholesterol: 54.43mg (18.14%), Sodium: 194.11mg (8.44%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.53%), Vitamin B3: 13.85mg (69.24%), Selenium:
45.82µg (65.46%), Vitamin B6: 0.87mg (43.42%), Phosphorus: 350.5mg (35.05%), Vitamin C: 23.83mg (28.88%),
Potassium: 837.97mg (23.94%), Manganese: 0.45mg (22.37%), Copper: 0.32mg (15.77%), Vitamin B5: 1.48mg
(14.81%), Vitamin B2: 0.22mg (12.96%), Magnesium: 51.39mg (12.85%), Vitamin K: 11.94µg (11.37%), Vitamin A:
562.73IU (11.25%), Vitamin E: 1.51mg (10.1%), Zinc: 1.39mg (9.26%), Fiber: 2.3g (9.18%), Iron: 1.64mg (9.09%), Vitamin
B1: 0.13mg (8.37%), Vitamin B12: 0.47µg (7.75%), Folate: 24.73µg (6.18%), Calcium: 44.73mg (4.47%)