

Spring Chicken Soup with Kale and Basil

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Servings: 4

1 1/4 pounds boneless/skinless chicken breast or thighs, cut into 3/4-inch pieces
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 cup shallots or onions, minced
2 tablespoons olive oil
1 container (32 ounce) reduced-sodium chicken broth
1 bunch (six cups) kale, washed, trimmed and cut into one-inch pieces
1/4 cup fresh basil, chopped
1/4 cup Parmesan cheese, finely shredded

Preparation Time: 20 minutes

Cook Time: 15 minutes

Sprinkle the chicken with salt and pepper.

In a large saucepan, cook the chicken and shallots in hot olive oil over medium heat for about 8 minutes or until the chicken is browned and the shallots are tender.

Carefully stir in the chicken broth. Bring to a boil. Reduce the heat. Stir in the kale. Simmer, uncovered, about 5 minutes or until the kale is tender.

Just before serving, stir in the fresh basil.

Sprinkle the servings with Parmesan cheese.

Per Serving (excluding unknown items): 92 Calories; 8g Fat (79.5% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 367mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	92	Vitamin B6 (mg):	trace
% Calories from Fat:	79.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	7mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	4mg
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	367mg
Potassium (mg):	96mg
Calcium (mg):	98mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	21mg
Vitamin A (i.u.):	1629IU
Vitamin A (r.e.):	170RE

Alcohol (kcal):	0
% Refuse:	00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 92	Calories from Fat: 73
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% Daily Values*

Total Fat 8g	13%
Saturated Fat 2g	9%
Cholesterol 4mg	1%
Sodium 367mg	15%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	2%
Protein 3g	
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Vitamin A	33%
Vitamin C	34%
Calcium	10%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.