

Rotisserie Chicken & Brown Rice Soup

Makes about 60 oz

Ingredients

- 2 cups cooked rotisserie chicken
- 1 quart and ½ cup water
- 1.5 oz chicken soup base
- 3 oz carrot coins
- 3 oz diced onion
- 3 oz cut celery
- ½ tsp ground white pepper
- 3.75 oz brown rice

Method

1. Add all ingredients except chicken into a pot and bring to a simmer. Cook for 15 minutes.
2. Add chicken and heat about 10 minutes until flavors blend.
3. Serve hot.

| Nutrition Facts | | | |
|--|----------------------|------------------|-------------|
| Serving Size about 2 cups | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 260 | Calories from Fat 80 | | |
| % Daily Value* | | | |
| Total Fat 9g | | | 14% |
| Saturated Fat 2.5g | | | 13% |
| Trans Fat 0g | | | |
| Cholesterol 100mg | | | 33% |
| Sodium 790mg | | | 33% |
| Total Carbohydrate 9g | | | 3% |
| Dietary Fiber 1g | | | 4% |
| Sugars 2g | | | |
| Protein 33g | | | |
| Vitamin A 25% | • | Vitamin C 2% | |
| Calcium 2% | • | Iron 10% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | • Carbohydrate 4 | • Protein 4 |