

Chicken Rice Soup

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

3 chicken breasts
2 quarts water
3/4 cup long grain rice, uncooked
2 carrots, chopped
1 medium onion, chopped
1 stalk celery, chopped
2 cloves garlic, minced
1 tablespoon chicken -flavored
bouillon granules
2 teaspoons salt
1/4 teaspoon pepper

Cook the chicken in water in a Dutch oven.
Remove the chicken; cool and coarsely chop.
Set aside.

Remove the fat from the broth. Bring the broth
to a boil. Add the rice and remaining ingredients.

Cover and cook for 20 minutes or until the
vegetables are tender.

Stir in the chicken and thoroughly heat.

Per Serving (excluding unknown
items): 1617 Calories; 81g Fat
(46.1% calories from fat); 185g
Protein; 28g Carbohydrate; 7g
Dietary Fiber; 557mg Cholesterol;
4958mg Sodium. Exchanges: 0
Grain(Starch); 26 Lean Meat; 5
Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1617
% Calories from Fat:	46.1%
% Calories from Carbohydrates:	7.1%
% Calories from Protein:	46.8%
Total Fat (g):	81g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	33g
Polyunsaturated Fat (g):	17g
Cholesterol (mg):	557mg
Carbohydrate (g):	28g
Dietary Fiber (g):	7g
Protein (g):	185g

Vitamin B6 (mg):	5.0mg
Vitamin B12 (mcg):	2.9mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	87mcg
Niacin (mg):	88mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	26

Sodium (mg): 4958mg
Potassium (mg): 2697mg
Calcium (mg): 252mg
Iron (mg): 8mg
Zinc (mg): 8mg
Vitamin C (mg): 34mg
Vitamin A (i.u.): 41282IU
Vitamin A (r.e.): 4263 1/2RE

Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1617 **Calories from Fat:** 746

% Daily Values*

Total Fat	81g	125%
Saturated Fat	23g	116%
Cholesterol	557mg	186%
Sodium	4958mg	207%
Total Carbohydrates	28g	9%
Dietary Fiber	7g	29%
Protein	185g	
Vitamin A		826%
Vitamin C		56%
Calcium		25%
Iron		44%

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