

## Chicken & Rice Soup



### Nutrition Facts

Serving Size 1 Cup (140 gm)

#### Amount Per Serving

Calories **166.399**

**% Daily Value\***

Total Fat 6.881 gm **10.587 %**

Saturated Fat 3.218 gm **16.09 %**

Trans Fat 0.000\* gm

Cholesterol 38.009 mg **12.67 %**

Sodium 364.650 mg **15.194 %**

Total Carbohydrate 15.192 gm **5.064 %**

Dietary Fiber 1.139 gm **4.554 %**

Total Sugars 1.196 gm

Includes N/A\* of Added Sugars

Protein 11.276 gm **22.552 %**

Vitamin A 1,557.051\* IU **31.141 %**

Vitamin C 1.320\* mg **2.2 %**

Vitamin D 0.000\* mg

Calcium 115.555\* mg **11.555 %**

Iron 0.188\* mg **1.042 %**

Potassium 295.291\* mg **6.283 %**

Saturated Fat % of Calories **17.405%**

\* Indicates missing Nutrient Information.

\* Indicates user added nutrient.

**Component Contribution:** 1oz meat/meat alternate

Special thanks to Buffalo-Hanover-Montrose Schools in Minnesota for sharing their delicious recipe!

Makes 25 (1 Cup) Servings

Ingredients	Instructions
8 oz Carrots, Fresh, Chopped	1. Wash vegetables under cold water. Chop onions, carrots and celery.  2. Spray nonstick cooking spray in a large heavy saucepan over medium heat. Add the carrots, celery, and onion and heat until soft.  3. Stir in remaining ingredients and cook over low heat, stirring occasionally, until heated through.  CCP: Heat to 165° F or higher for at least 15 seconds  CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.  <i>Optional:</i> Add ground black pepper to taste.
8 oz Celery, Fresh, Chopped	
6 oz Onions, Fresh, Chopped	
1 Qt + 1 Cup Chicken Broth	
5 Second Spray Non-Stick Cooking Spray	
2.5 lb White Cheese Sauce	
3 Cups Long Grain Brown Rice, Dry	
1.5 Cups Wild Rice, Dry	
1 lb + 9 oz Chicken, Diced, Fully Cooked	

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