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## Mamma Mia Chicken Soup

Mamma Mia Chicken Soup is a classic Italian soup that has been enjoyed for generations. It is made with tender chicken, hearty vegetables, and flavorful herbs and spices. This soup is a comforting and nourishing dish that is perfect for cold winter nights or when you need a warm and comforting meal. It is traditionally served with crusty bread for dipping and is sure to satisfy your taste buds.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 60 mins

**Total Time:** 75 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Chicken
200 g	Carrots
200 g	celery
150 g	onion

10 g	garlic
30 ml	olive oil
10 g	Salt
5 g	Black pepper
2 pieces	Bay Leaves
1000 ml	chicken broth
10 g	Parsley

## Directions

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### Step 1

Stove

Heat olive oil in a large pot over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add onions and garlic to the pot and sauté until onions are translucent.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Add carrots and celery to the pot and cook for 5 minutes, stirring occasionally.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Stove

Add chicken, chicken broth, bay leaves, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 45 minutes.

**Prep Time:** 5 mins

**Cook Time:** 45 mins

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### Step 5

Stove

Remove bay leaves from the pot. Stir in parsley and cook for an additional 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 6

Serve hot with crusty bread.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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