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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

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

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

Prep Time: 5 mins

Cook Time: 0 mins

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

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

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

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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