

# Italian Chicken Soup - Pastina !

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/get-the-recipe-italian-baked-chicken-and-pastina>

## Ingredients:

- 6 cups chicken broth I make and freeze my own chicken broth, so I always have some on hand ~ recipe posted on 11/25/09, click here
- 1 piece Parmesan cheese rind
- 1 cup pastina any tiny, tiny pasta shape
- 2 cups cooked chicken diced, preferably breast meat, optional, my family does not include
- 1 cup grated Parmesan cheese freshly, Giada used Romano, which is a nice cheese as well
- sea salt to taste

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 90 milligrams
4. Fat: 21 grams
5. Protein: 37 grams
6. SaturatedFat: 7 grams
7. Sodium: 740 milligrams

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