

Creamy Chicken Florentine Soup

Yield: 7 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-florentine-recipe>

Ingredients:

- 1 tablespoon butter or oil of choice for dairy-free or whole 30
- 4 cloves garlic minced
- 1/2 onion large, diced
- 2 teaspoons Italian seasoning
- 4 cups chicken broth or bone broth
- 1 cup heavy cream or coconut cream for paleo, dairy-free or whole 30
- 1 pound chicken Shredded
- 10 ounces spinach
- 14 ounces artichoke hearts optional; drain and chop first if using
- sea salt
- black pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 105 milligrams
4. Fat: 20 grams
5. Fiber: 7 grams
6. Protein: 20 grams
7. SaturatedFat: 11 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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