

Jewish Chicken Soup

Yield: 4 min
Total Time: 170 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-style-chicken-soup-recipe>

Ingredients:

- 2 carrots
- 2 onions
- 2 bay leaves
- 3 sprigs parsley
- 4 pounds chicken whole or parts cut-up
- giblets optional
- gizzard optional
- liver optional
- 1 teaspoon kosher salt + more, to taste
- freshly ground pepper

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 455 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 110 grams
7. SaturatedFat: 6 grams
8. Sodium: 1050 milligrams
9. Sugar: 4 grams

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