

Lemon Chicken and Rice Soup

Yield: 7 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-and-rice-soup-recipe>

Ingredients:

- 4 pounds chicken rinsed
- 1 onion cut into wedges
- 2 carrots halved
- 2 celery ribs halved
- 4 cloves garlic crushed
- 2 bay leaves
- freshly ground black pepper Kosher salt, to taste
- 2/3 cup long-grain white rice
- 1 cup carrots diced
- 1 cup diced celery
- 2 tablespoons fresh dill chopped
- 2 tablespoons lemon juice freshly squeezed

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 170 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 240 milligrams
9. Sugar: 3 grams

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