A bowl of creamy soup with salmon, peas, and corn. The soup is served in a white ceramic bowl. The ingredients include chunks of salmon, green peas, and yellow corn kernels. The background is a close-up of the soup.

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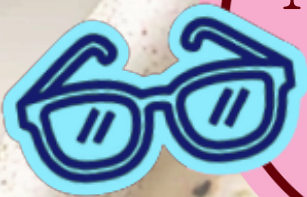
How To Use Our Nutrition Information



Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

We break down our recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!



Nutrition Info



Chicken Pot Pie Soup

			Cal	Fat	Protein	Carbs	Fiber	Cost
4	oz	chicken	140	3	25	0	0	0.49
0.5	tsp	olive oil	20	2.5	0	0	0	0.03
1	cup	chicken broth	10	0	2	0	0	0.45
0.5	cup	great northern beans	100	0	6	18	6	0.22
0.5	cup	frozen mixed veggies	50	0	2	11	3	0.37
1	each	celery	7.5	0	0.5	2	1	0.2
0.25	each	onion	10	0	0.33	3	0.33	0.25
0.5	each	russet potato	67	0	2	15.5	1	0.08
1	tsp	poultry seasoning	0	0	0	0	0	0.07
1	tbsp	whipped cream cheese	25	2.25	0.5	1	0	0.13
			429.5	7.75	38.33	50.5	11.33	2.25

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.