



## A-1 Chicken Soup

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 carrots chopped
- 1 stalk celery chopped
- 3 cubes chicken bouillon crumbled
- 2 chicken leg quarters skinless
- 12 ounce extra wide egg noodles thin
- 0.5 cup onion chopped
- 1 clove roasted garlic minced
- 8 servings salt and pepper to taste

2 tablespoons vegetable oil

2 quarts water

## Equipment

pot

## Directions

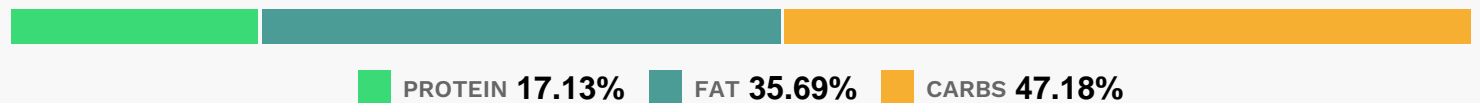
In a large pot over medium heat, cook chicken pieces in oil until browned on both sides. Stir in onion and cook 2 minutes more.

Pour in water and chicken bouillon and bring to a boil. Reduce heat and simmer 45 minutes.

Stir in celery, carrots, garlic, salt and pepper. Simmer until carrots are just tender.

Remove chicken pieces and pull the meat from the bone. Stir the noodles into the pot and cook until tender, 10 minutes. Return chicken meat to pot just before serving.

## Nutrition Facts



## Properties

Glycemic Index:22.48, Glycemic Load:13.71, Inflammation Score:-10, Nutrition Score:13.545217374097%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 287.12kcal (14.36%), Fat: 11.36g (17.48%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 31.49g (11.45%), Sugar: 2.38g (2.64%), Cholesterol: 71.12mg (23.71%), Sodium: 264.12mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin A: 3898.72IU (77.97%), Selenium: 40.41µg (57.73%), Manganese: 0.43mg (21.35%), Phosphorus: 172.25mg (17.23%), Vitamin B3: 2.83mg (14.13%), Vitamin B6: 0.27mg (13.38%), Vitamin K: 11.75µg (11.19%), Copper: 0.2mg (9.99%), Magnesium: 38.29mg (9.57%), Fiber: 2.3g (9.21%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.84mg (8.44%), Vitamin B1: 0.12mg (8.04%), Potassium: 280.18mg (8.01%), Iron: 1.16mg (6.44%), Vitamin B2: 0.11mg (6.19%), Vitamin B12: 0.35µg (5.91%), Folate: 21.48µg

(5.37%), Vitamin E: 0.68mg (4.52%), Calcium: 37.54mg (3.75%), Vitamin C: 2.36mg (2.86%), Vitamin D: 0.16µg (1.09%)