



## After-Work Chicken Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups roasted chicken cooked
- 1 cup celery stalks chopped
- 1 cup carrots sliced
- 0.5 cup onion chopped
- 1 tablespoon parsley fresh chopped
- 1 teaspoon thyme leaves dried
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped

- 7 cups chicken broth (from two 32-oz cartons)
- 2 oz extra wide egg noodles uncooked

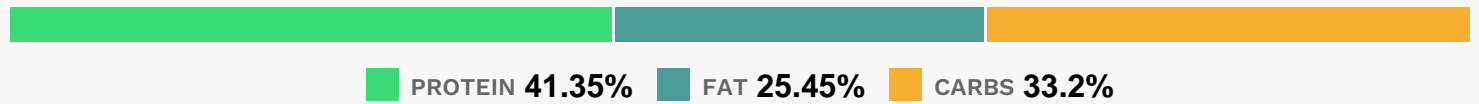
## Equipment

- sauce pan

## Directions

- In 3-quart saucepan, heat all ingredients except noodles to boiling. Stir in noodles.
- Heat to boiling; reduce heat.
- Simmer uncovered 8 to 10 minutes, stirring occasionally, until noodles and vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:64.21, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:17.787391425475%

## Flavonoids

Apigenin: 23.25mg, Apigenin: 23.25mg, Apigenin: 23.25mg, Apigenin: 23.25mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

## Nutrients (% of daily need)

Calories: 225.17kcal (11.26%), Fat: 6.32g (9.72%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 16.17g (5.88%), Sugar: 4.79g (5.32%), Cholesterol: 72.63mg (24.21%), Sodium: 1626.88mg (70.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.21%), Vitamin A: 5539.67IU (110.79%), Selenium: 30.56µg (43.65%), Vitamin B3: 7.2mg (36.02%), Manganese: 0.52mg (25.93%), Vitamin B2: 0.41mg (24.28%), Vitamin B6: 0.43mg (21.48%), Phosphorus: 213.27mg (21.33%), Vitamin K: 18.8µg (17.91%), Potassium: 490.3mg (14.01%), Vitamin B1: 0.19mg (12.92%), Zinc: 1.82mg (12.15%), Vitamin B5: 1.04mg (10.39%), Iron: 1.83mg (10.15%), Magnesium: 39.04mg (9.76%), Fiber: 2.37g (9.5%), Copper: 0.19mg (9.38%), Vitamin C: 6.04mg (7.33%), Folate: 27.77µg (6.94%), Calcium: 66.06mg (6.61%), Vitamin B12: 0.33µg (5.44%), Vitamin E: 0.55mg (3.65%)