



Asian Chicken Noodle Soup

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups water
- ☐ 3 ounces japanese ramen noodles
- ☐ 2 cups roasted chicken cooked
- ☐ 2 medium stalks bok choy (with leaves), cut into 1/4-inch slices
- ☐ 0.5 cup carrots sliced
- ☐ 1 teaspoon sesame oil

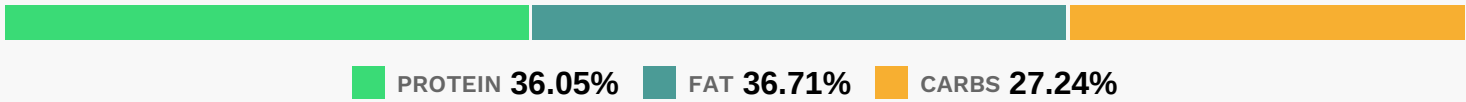
Equipment

- ☐ sauce pan

Directions

- ☐ Heat water to boiling in 3-quart saucepan. Break block of noodles (reserve seasoning packet). Stir noodles, chicken, bok choy and carrot into water.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 3 minutes, stirring occasionally.
- ☐ Stir in contents of seasoning packet and sesame oil.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:6.62, Inflammation Score:-9, Nutrition Score:11.053912960965%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 225.07kcal (11.25%), Fat: 9g (13.85%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 14.09g (5.12%), Sugar: 1.1g (1.22%), Cholesterol: 52.5mg (17.5%), Sodium: 505.63mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Vitamin A: 2726.55IU (54.53%), Vitamin B3: 6.55mg (32.73%), Selenium: 19.36µg (27.66%), Vitamin B1: 0.27mg (18.2%), Phosphorus: 165.49mg (16.55%), Vitamin B6: 0.33mg (16.43%), Vitamin B2: 0.17mg (9.86%), Iron: 1.75mg (9.73%), Zinc: 1.3mg (8.68%), Vitamin B5: 0.78mg (7.83%), Folate: 30.9µg (7.72%), Potassium: 250.82mg (7.17%), Manganese: 0.14mg (7.13%), Magnesium: 23.38mg (5.84%), Copper: 0.11mg (5.63%), Vitamin B12: 0.26µg (4.27%), Fiber: 0.94g (3.77%), Vitamin K: 3.69µg (3.51%), Vitamin E: 0.44mg (2.94%), Calcium: 25.69mg (2.57%), Vitamin C: 1.23mg (1.49%)