



Asian Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces angel hair pasta uncooked
- ☐ 1 tablespoon bottled garlic minced
- ☐ 1 tablespoon bottled ginger grated
- ☐ 1 pound chicken breast cut into bite-sized pieces
- ☐ 28 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 2 stalks lemon grass fresh peeled

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 to 5 chillies red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

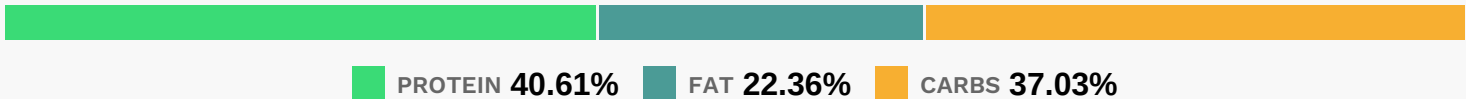
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic, ginger, and lemongrass; saut 3 minutes.
- ☐ Add water and broth; bring to a boil.
- ☐ Add chicken and pasta; cook 5 minutes or until chicken is done.
- ☐ Remove from heat; stir in remaining ingredients.
- ☐ Let stand 5 minutes. Discard lemongrass.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.71, Inflammation Score:-3, Nutrition Score:10.286956315455%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 148.02kcal (7.4%), Fat: 3.63g (5.58%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.8g (4.66%), Sugar: 0.98g (1.09%), Cholesterol: 36.29mg (12.1%), Sodium: 622.79mg (27.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Selenium: 29.64µg (42.35%), Vitamin B3: 6.87mg (34.35%), Vitamin B6: 0.52mg (25.98%), Manganese: 0.4mg (19.96%), Phosphorus: 168.1mg (16.81%), Vitamin C: 10.8mg (13.09%), Vitamin K: 11.85µg (11.28%), Vitamin B5: 1.02mg (10.24%), Potassium: 344.8mg (9.85%), Magnesium: 29.54mg (7.39%), Vitamin B2: 0.1mg (6.01%), Copper: 0.12mg (5.79%), Iron: 1mg (5.54%), Vitamin B12: 0.31µg (5.2%), Zinc: 0.7mg (4.65%), Vitamin B1: 0.07mg (4.61%), Folate: 12.6µg (3.15%), Fiber: 0.71g (2.86%), Vitamin A: 135.54IU (2.71%), Vitamin E: 0.34mg (2.27%), Calcium: 21.32mg (2.13%)