



Chicken and Noodles

READY IN



105 min.

SERVINGS



8

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 carrots diced
- ☐ 2 celery stalks diced
- ☐ 2 pound chicken fryer
- ☐ 16 ounces egg noodles) frozen home-style
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 teaspoons parsley fresh finely minced
- ☐ 0.5 teaspoon ground thyme
- ☐ 8 servings splash of half-and-half

- ☐ 0.5 medium onion diced
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon turmeric

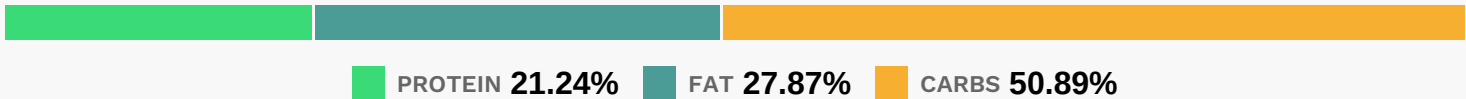
Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Start by putting the chicken in a pot and covering it with water. Bring the water to a boil, and then reduce the heat to low. Simmer for 45 minutes.
- ☐ Remove the chicken from the pot. Set the chicken aside to cool briefly.
- ☐ Shred the chicken with 2 forks, reserving the bones. Return the bones to the pot and boil for 20 minutes.
- ☐ Remove the bones from the pot and discard.
- ☐ Add the shredded chicken, carrots, celery and onions to the pot. Then add the salt, pepper, thyme and turmeric. Bring the mixture to a gentle boil, and then reduce the heat and simmer for 10 minutes. Stir in the noodles; no need to thaw them first!
- ☐ Finally, mix the flour with 1/2 cup water until smooth. Stir the flour mixture, the splash of half and half (if you're into that kind of thing) and the minced parsley into the pot. Simmer until the noodles are tender, about 15 minutes, tasting and adding more salt if needed at the end. The soup should be thick and stew-like and your kitchen should smell like home.

Nutrition Facts



Properties

Glycemic Index:36.73, Glycemic Load:19.15, Inflammation Score:-9, Nutrition Score:15.162173691003%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg,

Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg,
Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 356kcal (17.8%), Fat: 10.92g (16.79%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 44.85g (14.95%), Net
Carbohydrates: 42.29g (15.38%), Sugar: 2.15g (2.38%), Cholesterol: 88.8mg (29.6%), Sodium: 353.04mg (15.35%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.43%), Selenium: 53.57µg (76.52%), Vitamin A:
2672.01IU (53.44%), Manganese: 0.56mg (28.23%), Vitamin B3: 5.23mg (26.14%), Phosphorus: 228.62mg (22.86%),
Vitamin B6: 0.35mg (17.32%), Zinc: 1.88mg (12.55%), Magnesium: 47.5mg (11.88%), Vitamin B1: 0.17mg (11.02%),
Vitamin B5: 1.08mg (10.81%), Copper: 0.21mg (10.53%), Iron: 1.87mg (10.41%), Fiber: 2.56g (10.24%), Potassium:
310.1mg (8.86%), Vitamin B2: 0.14mg (8.47%), Folate: 29.69µg (7.42%), Vitamin B12: 0.34µg (5.58%), Vitamin K:
5.05µg (4.81%), Calcium: 36.12mg (3.61%), Vitamin E: 0.49mg (3.26%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.28µg
(1.86%)