



Chicken Noodle and Vegetable Soup

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 49.5 fluid ounce chicken broth swanson® canned
- ☐ 0.5 teaspoon basil leaves dried crushed
- ☐ 1 cup extra wide egg noodles uncooked
- ☐ 9 ounce vegetables mixed frozen
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon onion powder

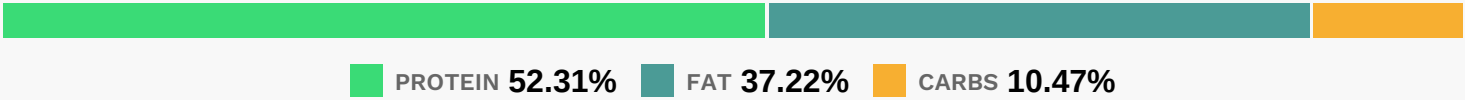
Equipment

- ☐ sauce pan

Directions

- ☐ Mix broth, onion powder, basil, garlic powder and vegetables in saucepan.
- ☐ Heat to a boil. Stir in noodles. Cook 5 minutes or until noodles are done.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:3.71, Inflammation Score:-9, Nutrition Score:18.941304434901%

Nutrients (% of daily need)

Calories: 504.59kcal (25.23%), Fat: 20.27g (31.18%), Saturated Fat: 5.61g (35.05%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 10.82g (3.94%), Sugar: 0.15g (0.16%), Cholesterol: 127.3mg (42.43%), Sodium: 1197.55mg (52.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.11g (128.21%), Selenium: 50.13µg (71.61%), Vitamin A: 2595.73IU (51.91%), Zinc: 6.43mg (42.9%), Phosphorus: 415.42mg (41.54%), Vitamin B12: 2.46µg (40.96%), Vitamin B3: 6.53mg (32.63%), Vitamin B6: 0.52mg (26.18%), Iron: 3.79mg (21.06%), Vitamin B2: 0.29mg (16.9%), Magnesium: 61.3mg (15.32%), Potassium: 485.82mg (13.88%), Copper: 0.18mg (9.24%), Manganese: 0.17mg (8.58%), Fiber: 2g (8.01%), Vitamin K: 7.09µg (6.75%), Vitamin C: 4.5mg (5.46%), Vitamin E: 0.81mg (5.43%), Calcium: 50.25mg (5.02%), Folate: 19.58µg (4.89%), Vitamin B1: 0.06mg (4.32%), Vitamin D: 0.26µg (1.75%), Vitamin B5: 0.13mg (1.31%)