



Chicken Noodle Soup

🤍 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 cup butter
- 0.3 cup carrots chopped
- 1 cup celery chopped
- 9 cubes chicken bouillon
- 4 cups chicken meat cooked chopped
- 0.5 teaspoon marjoram dried
- 1 tablespoon parsley dried

- 8 ounces extra wide egg noodles
- 0.5 teaspoon ground pepper black
- 0.3 cup onion chopped
- 12 cups water

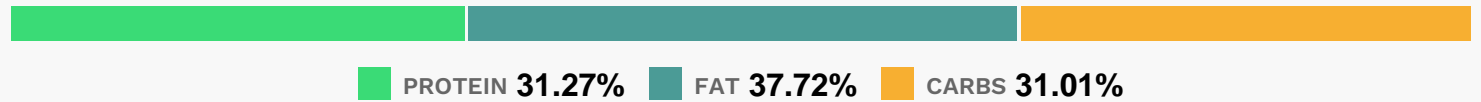
Equipment

- pot

Directions

- In a large stock pot, saute celery and onion in butter or margarine.
- Add chicken, carrots, water, bouillon cubes, marjoram, black pepper, bay leaf, and parsley. Simmer for 30 minutes.
- Add noodles, and simmer for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:7.03, Inflammation Score:-6, Nutrition Score:9.3169564501099%

Flavonoids

Apigenin: 9.3mg, Apigenin: 9.3mg, Apigenin: 9.3mg, Apigenin: 9.3mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 226.54kcal (11.33%), Fat: 9.37g (14.41%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 16.17g (5.88%), Sugar: 0.9g (1%), Cholesterol: 73.25mg (24.42%), Sodium: 112.44mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.95%), Selenium: 31.81µg (45.44%), Vitamin B3: 4.98mg (24.91%), Phosphorus: 169.33mg (16.93%), Vitamin A: 764.31IU (15.29%), Vitamin B6: 0.3mg (14.89%), Manganese: 0.26mg (12.85%), Zinc: 1.36mg (9.07%), Vitamin B5: 0.8mg (8%), Copper: 0.15mg (7.72%), Magnesium: 30.78mg (7.7%), Vitamin B2: 0.12mg (6.97%), Iron: 1.21mg (6.72%), Potassium: 234.16mg (6.69%), Vitamin K: 6.82µg (6.5%), Vitamin B1: 0.08mg (5.34%), Fiber: 1.15g (4.6%), Vitamin B12: 0.24µg (3.96%), Folate: 14.97µg (3.74%), Calcium: 33.51mg (3.35%), Vitamin E: 0.28mg (1.89%), Vitamin C: 1.06mg (1.28%)