



Chicken Noodle Soup

 Dairy Free  Popular

READY IN



140 min.

SERVINGS



4

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 bay leaves
- 1 teaspoon peppercorns whole black
- 2 carrots cut in large chunks
- 2 medium carrots
- 2 celery ribs halved lengthwise cut into 1/2-inch-thick slices
- 3 celery stalks cut in large chunks
- 1 handful flat-leaf parsley fresh finely chopped

- 0.3 bunch thyme leaves fresh
- 1 head garlic halved
- 3 garlic cloves minced
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 1.5 cups meat from a rotisserie chicken shredded cooked
- 4 thyme sprigs fresh
- 1 turnip halved
- 2 large onions white quartered
- 3.5 pounds meat from a rotisserie chicken whole free-range rinsed
- 8 ounces wide egg noodles dried

Equipment

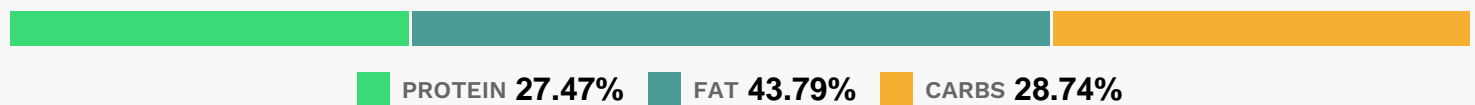
- pot
- sieve
- cutting board

Directions

- Watch how to make this recipe.
- Place a soup pot over medium heat and coat with the oil.
- Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned.
- Pour in the chicken stock and bring the liquid to a boil.
- Add the noodles and simmer for 5 minutes until tender. Fold in the chicken, and continue to simmer for another couple of minutes to heat through; season with salt and pepper.
- Sprinkle with chopped parsley before serving.
- Place the chicken and vegetables in a large stockpot over medium heat.

- Pour in only enough cold water to cover (about 3 quarts); too much will make the broth taste weak. Toss in the thyme, bay leaves, and peppercorns, and allow it to slowly come to a boil. Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, skim any impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.
- Carefully remove the chicken to a cutting board. When its cool enough to handle, discard the skin and bones; hand-shred the meat into a storage container.
- Carefully strain the stock through a fine sieve into another pot to remove the vegetable solids. Use the stock immediately or if you plan on storing it, place the pot in a sink full of ice water and stir to cool down the stock. Cover and refrigerate for up to one week or freeze.

Nutrition Facts



Properties

Glycemic Index:143.67, Glycemic Load:23.14, Inflammation Score:-10, Nutrition Score:37.449565224026%

Flavonoids

Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 21.12mg, Quercetin: 21.12mg, Quercetin: 21.12mg, Quercetin: 21.12mg

Nutrients (% of daily need)

Calories: 870.78kcal (43.54%), Fat: 42.1g (64.76%), Saturated Fat: 10.9g (68.11%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 55.51g (20.19%), Sugar: 9.64g (10.71%), Cholesterol: 229.88mg (76.63%), Sodium: 257.91mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.42g (118.83%), Vitamin A: 10694.21IU (213.88%), Selenium: 87.21µg (124.59%), Vitamin B3: 19.26mg (96.29%), Vitamin B6: 1.37mg (68.38%), Phosphorus: 596.04mg (59.6%), Manganese: 1.13mg (56.61%), Vitamin K: 35.83µg (34.13%), Zinc: 4.95mg (33%), Vitamin C: 27.04mg (32.78%), Vitamin B5: 3.21mg (32.08%), Potassium: 1101.4mg (31.47%), Magnesium: 110.44mg (27.61%), Fiber: 6.68g (26.7%), Vitamin B2: 0.45mg (26.55%), Iron: 4.55mg (25.29%), Vitamin B1: 0.37mg (24.34%), Copper: 0.44mg (21.86%), Folate: 70.64µg (17.66%), Vitamin B12: 0.91µg (15.12%), Vitamin E: 2.26mg (15.08%), Calcium: 131.15mg (13.12%), Vitamin D: 0.55µg (3.67%)