



Chicken Noodle Soup

 Vegetarian  Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup celery diced
- 4 cups chicken stock see homemade store-bought
- 2 ounces extra wide egg noodles dried cooked
- 2 teaspoons parsley leaves fresh finely chopped
- 0.5 teaspoon tarragon leaves fresh finely chopped
- 1 tablespoon garlic minced
- 1 halves optional: lemon for serving
- 0.8 cup onion diced

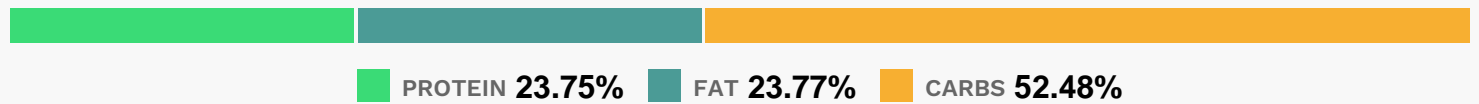
Equipment

pot

Directions

- Watch how to make this recipe.
- Bring stock to boil for 2 minutes in a large, non-reactive stockpot with lid on, over high heat.
- Add onion, celery, and garlic. Lower heat and simmer for 2 minutes.
- Add noodles and cook 5 more minutes.
- Remove from heat and add herbs and salt and pepper, to taste.
- Serve with lemon halves and add squeeze of lemon juice if desired.

Nutrition Facts



Properties

Glycemic Index:66.63, Glycemic Load:2.67, Inflammation Score:-3, Nutrition Score:6.3095652195423%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 124.42kcal (6.22%), Fat: 3.26g (5.02%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.16g (5.51%), Sugar: 5.4g (6%), Cholesterol: 11.31mg (3.77%), Sodium: 360.79mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin B3: 3.98mg (19.91%), Vitamin B2: 0.23mg (13.61%), Selenium: 9.19µg (13.13%), Vitamin B6: 0.23mg (11.7%), Potassium: 366.62mg (10.47%), Phosphorus: 92.73mg (9.27%), Copper: 0.17mg (8.48%), Manganese: 0.16mg (7.82%), Vitamin B1: 0.11mg (7.39%), Vitamin K: 7µg (6.67%), Folate: 26.36µg (6.59%), Vitamin C: 4.24mg (5.13%), Magnesium: 19.07mg (4.77%), Iron: 0.81mg (4.5%), Fiber: 1.05g (4.21%), Zinc: 0.54mg (3.58%), Calcium: 29.98mg (3%), Vitamin A: 110.75IU (2.22%), Vitamin B5: 0.13mg (1.33%), Vitamin E: 0.16mg (1.04%)