



Chicken Noodle Soup

READY IN



45 min.

SERVINGS



8

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 peppercorns black
- ☐ 2 large carrots chopped
- ☐ 2 ribs celery sliced
- ☐ 2 pounds cheese tortellini frozen store bought
- ☐ 1 eggs
- ☐ 1 handful parsley leaves fresh
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 3 cloves garlic smashed

- ☐ 8 servings kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 quarts chicken broth low-sodium
- ☐ 8 servings olive oil
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 medium onion diced
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 8 servings parmigiano-reggiano grated for garnish
- ☐ 5 parsley stems finely chopped for garnish
- ☐ 6 links chicken-apple sausage meat organic
- ☐ 4 thyme sprigs fresh

Equipment

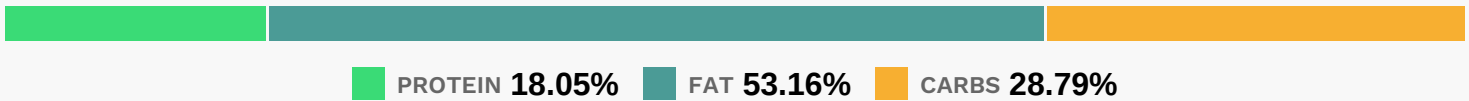
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Set a large stock pot over medium heat.
- ☐ Add olive oil, half the garlic, carrot, onion, celery, bay leaf, and thyme and gently saute until fragrant, about 5 to 7 minutes.
- ☐ Pour in chicken broth, add parsley stems, black peppercorns and salt, to taste. Bring to a boil then reduce heat to simmer while you work on meatballs and tortellini.
- ☐ Caramelize the diced onion in a saute pan with a little olive oil over medium heat.

- ☐
- Add the sausage, egg, onion, thyme, parsley, and cheese to the bowl of a food processor and pulse until they all come together. Season with salt and pepper.
- ☐
- Heat a skillet with a few tablespoons of olive oil until just smoking. Use a small ice cream scoop to drop meatballs onto skillet. Cook, turning, until golden brown.
- ☐
- Drop tortellini straight from freezer into soup. Cook until they float. Once meatballs are browned, add to pot of chicken broth. Bring to a simmer and cook for 2 or 3 minutes. Give soup a final seasoning and serve in shallow bowls with a small shower of Parmesan, olive oil, and parsley.

Nutrition Facts



Properties

Glycemic Index:64.1, Glycemic Load:24.09, Inflammation Score:-10, Nutrition Score:18.679565362308%

Flavonoids

Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 820kcal (41%), Fat: 49.17g (75.64%), Saturated Fat: 13.38g (83.61%), Carbohydrates: 59.9g (19.97%), Net Carbohydrates: 54.25g (19.73%), Sugar: 6.1g (6.77%), Cholesterol: 86.62mg (28.87%), Sodium: 1358.65mg (59.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.14%), Vitamin A: 3473.6IU (69.47%), Calcium: 594.06mg (59.41%), Vitamin K: 41.57µg (39.59%), Phosphorus: 368.35mg (36.83%), Vitamin E: 4.33mg (28.84%), Vitamin B3: 5.27mg (26.35%), Iron: 4.54mg (25.24%), Fiber: 5.65g (22.59%), Vitamin B2: 0.27mg (16.01%), Potassium: 486.56mg (13.9%), Selenium: 9.51µg (13.58%), Vitamin B12: 0.81µg (13.46%), Copper: 0.23mg (11.49%), Zinc: 1.5mg (9.98%), Vitamin B6: 0.16mg (8.04%), Vitamin C: 6.47mg (7.84%), Magnesium: 27.22mg (6.8%), Manganese: 0.13mg (6.69%), Folate: 19.29µg (4.82%), Vitamin B5: 0.36mg (3.63%), Vitamin B1: 0.05mg (3.17%), Vitamin D: 0.29µg (1.9%)