



HEALTH SCORE

90%

Chicken Noodle Soup



Dairy Free



Very Healthy

READY IN



800 min.

SERVINGS



6

CALORIES



2295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 teaspoons peppercorns whole black
- ☐ 2 chicken breast whole split bone in , skin on
- ☐ 1 cup medium-diced carrots (3 carrots)
- ☐ 6 carrots unpeeled halved
- ☐ 1 cup medium-diced celery (2 stalks)
- ☐ 4 celery stalks with leaves, cut in thirds
- ☐ 2 quarts chicken stock see homemade (see recipe)

- ☐ 20 sprigs optional: dill fresh
- ☐ 0.3 cup parsley fresh chopped
- ☐ 20 sprigs parsley fresh
- ☐ 15 sprigs thyme leaves fresh
- ☐ 1 head garlic unpeeled cut in half crosswise
- ☐ 2 tablespoons kosher salt
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil
- ☐ 4 parsnips unpeeled cut in half
- ☐ 15 pound roasting chickens
- ☐ 2 cups wide egg noodles
- ☐ 3 large onions yellow unpeeled quartered

Equipment

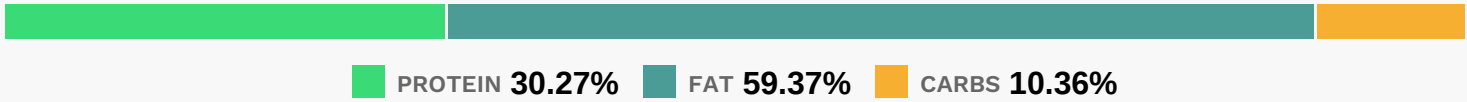
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees.
- ☐ Place the chicken breast on a sheet pan and rub the skin with olive oil.
- ☐ Sprinkle generously with salt and pepper. Roast for 35 to 40 minutes, until cooked through. When cool enough to handle, remove the meat from the bones, discard the skin, and shred or dice the chicken meat.
- ☐ Bring the chicken stock to a simmer in a large pot and add the celery, carrots, and noodles. Simmer uncovered for about 10 minutes, until the noodles are cooked.
- ☐ Add the cooked chicken meat and parsley and heat through.

- ☐
- Season to taste and serve.
- ☐
- Place the chickens, onions, carrots, celery, parsnips, parsley, thyme, dill, garlic, and seasonings in a 16- to 20-quart stockpot.
- ☐
- Add 7 quarts of water and bring to a boil. Simmer uncovered for 4 hours. Strain the entire contents of the pot through a colander and discard the solids. Chill the stock overnight. The next day, remove the surface fat. Use immediately or pack in containers and freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:83.11, Glycemic Load:15.88, Inflammation Score:-10, Nutrition Score:72.446086624394%

Flavonoids

Apigenin: 13.21mg, Apigenin: 13.21mg, Apigenin: 13.21mg, Apigenin: 13.21mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 16.96mg, Quercetin: 16.96mg, Quercetin: 16.96mg, Quercetin: 16.96mg

Nutrients (% of daily need)

Calories: 2294.85kcal (114.74%), Fat: 149.06g (229.33%), Saturated Fat: 40.19g (251.19%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 48.12g (17.5%), Sugar: 17.63g (19.59%), Cholesterol: 780.23mg (260.08%), Sodium: 3722.63mg (161.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 170.97g (341.94%), Vitamin A: 21532.6IU (430.65%), Vitamin B3: 68.18mg (340.88%), Selenium: 140.2µg (200.29%), Vitamin B6: 3.82mg (191.08%), Phosphorus: 1784.48mg (178.45%), Vitamin K: 147.71µg (140.68%), Vitamin B12: 8.38µg (139.71%), Vitamin B2: 1.93mg (113.45%), Vitamin B5: 10.7mg (106.95%), Potassium: 3167.19mg (90.49%), Folate: 355.23µg (88.81%), Zinc: 12.87mg (85.81%), Iron: 14.75mg (81.94%), Vitamin C: 63.76mg (77.29%), Manganese: 1.5mg (75.07%), Magnesium: 257.52mg (64.38%), Vitamin B1: 0.87mg (58.14%), Copper: 0.98mg (49.12%), Fiber: 10.42g (41.7%), Vitamin E: 4.52mg (30.1%), Calcium: 226.51mg (22.65%)