



Chicken Noodle Soup

 Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken whole
- 4.5 cups water cold
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 1 medium celery stalks (with leaves), cut-up
- 1 carrots
- 1 small onion
- 1 parsley

- 1 cup carrots sliced
- 1 cup celery stalks sliced
- 0.3 cup onion chopped
- 1 tablespoon chicken soup base
- 2 oz extra wide egg noodles uncooked
- 1 serving parsley fresh chopped

Equipment

- sieve
- dutch oven
- cheesecloth

Directions

- Remove excess fat from chicken. In Dutch oven or stock pot, place chicken, giblets (except liver) and neck.
- Add remaining chicken and broth ingredients; heat to boiling. Skim foam from broth; reduce heat to low. Cover and simmer about 45 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Remove chicken from broth. Cool chicken about 10 minutes or just until cool enough to handle. Strain broth through cheesecloth-lined strainer; discard vegetables.
- Remove skin and bones from chicken.
- Cut chicken into 1/2-inch pieces. Skim and discard fat from broth. Use immediately, or cover and refrigerate broth and chicken in separate containers up to 24 hours or freeze for future use.
- Add enough water to broth to measure 5 cups. In Dutch oven, heat broth, sliced carrots, sliced celery, chopped onion and bouillon granules to boiling. Reduce heat to low; cover and simmer about 15 minutes or until carrots are tender.
- Stir in noodles and chicken.
- Heat to boiling. Reduce heat to low; simmer uncovered 7 to 10 minutes or until noodles are tender, stirring occasionally.
- Sprinkle with parsley.

Nutrition Facts

PROTEIN 30.63% FAT 52.55% CARBS 16.82%

Properties

Glycemic Index:58.61, Glycemic Load:4.31, Inflammation Score:-10, Nutrition Score:16.079565260721%

Flavonoids

Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 295.98kcal (14.8%), Fat: 17.07g (26.25%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 10.44g (3.8%), Sugar: 2.84g (3.15%), Cholesterol: 89.69mg (29.9%), Sodium: 710.57mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.77%), Vitamin A: 5570.73IU (111.41%), Vitamin B3: 8.02mg (40.11%), Selenium: 23.56µg (33.66%), Vitamin B6: 0.48mg (24.1%), Vitamin K: 24.98µg (23.79%), Phosphorus: 205.47mg (20.55%), Vitamin B5: 1.24mg (12.39%), Zinc: 1.77mg (11.78%), Potassium: 411.36mg (11.75%), Manganese: 0.21mg (10.65%), Vitamin B2: 0.18mg (10.41%), Magnesium: 37.74mg (9.44%), Vitamin C: 6.62mg (8.02%), Iron: 1.41mg (7.82%), Vitamin B1: 0.12mg (7.73%), Fiber: 1.86g (7.42%), Copper: 0.14mg (7%), Folate: 26.6µg (6.65%), Vitamin B12: 0.37µg (6.12%), Calcium: 45.9mg (4.59%), Vitamin E: 0.63mg (4.21%), Vitamin D: 0.25µg (1.64%)