



Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon chicken soup base
- ☐ 24 ounce chicken breast halves skinless
- ☐ 8 ounces egg noodles cooked uncooked
- ☐ 15.8 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 cup onion chopped

- ☐ 0.8 cup parsnips chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 cups water

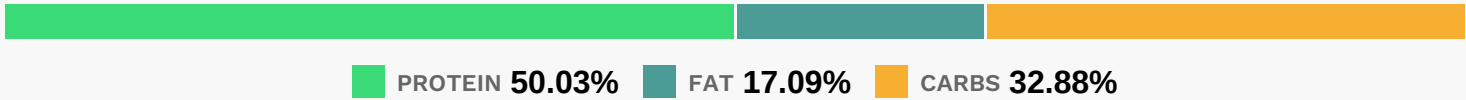
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine the water and chicken in a Dutch oven, and bring to a boil. Reduce heat, and simmer 15 minutes or until chicken is done.
- ☐ Remove chicken from pan with a slotted spoon, reserving liquid.
- ☐ Remove chicken from bones; shred with 2 forks to measure 2 1/2 cups meat. Discard bones.
- ☐ Add chicken, onion, and next 7 ingredients (onion through broth) to pan; bring to a boil. Reduce heat, and simmer 20 minutes or until vegetables are tender. Stir in noodles; cook over medium heat until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:14.820434808731%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 165.81kcal (8.29%), Fat: 3.09g (4.75%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 11.43g (4.15%), Sugar: 2.68g (2.98%), Cholesterol: 62.73mg (20.91%), Sodium: 585.27mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Vitamin A: 2761.87IU (55.24%), Selenium: 35.79µg (51.13%), Vitamin B3: 9.62mg (48.1%), Vitamin B6: 0.73mg (36.27%), Phosphorus: 230.71mg (23.07%), Vitamin B5: 1.53mg (15.32%), Potassium: 504.96mg (14.43%), Manganese: 0.25mg (12.44%), Magnesium: 40.37mg (10.09%), Vitamin K: 8.97µg (8.54%), Vitamin B2: 0.13mg (7.84%), Fiber: 1.96g (7.83%), Vitamin C: 5.96mg (7.23%), Vitamin B1: 0.1mg (6.74%), Copper: 0.13mg (6.72%), Folate: 25.89µg (6.47%), Zinc: 0.88mg (5.84%), Vitamin B12: 0.31µg (5.15%), Iron: 0.76mg (4.25%), Calcium: 37.89mg (3.79%), Vitamin E: 0.54mg (3.62%)