



## Chicken Noodle Soup

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 carrots cut into 1/4-inch dice ( 1 cup)
- ☐ 2 ribs celery cut into 1/4-inch dice ( 1 cup)
- ☐ 1 lb chicken breast bone-in with skin on
- ☐ 8 ounces extra wide egg noodles thin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 14.5 ounces chicken broth low-sodium
- ☐ 1 medium onion cut into 1/4-inch dice ( 1 cup)

- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon vegetable oil

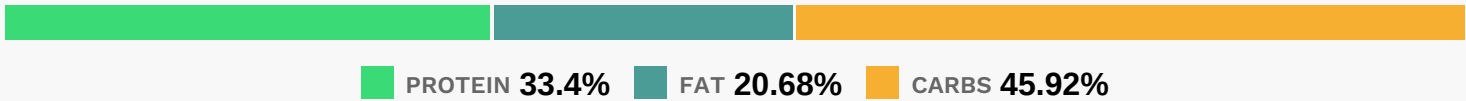
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ In a pot, warm oil over medium heat.
- ☐ Add garlic, onion, carrots and celery; season with salt. Cook, stirring, until soft, about 6minutes.
- ☐ Add broth, 8cups water and chicken. Bring just to a boil. Reduce heat to medium-low; simmer until chicken is cooked through, about 20 minutes.
- ☐ Remove chicken. Bring soup to a boil over medium-high heat.
- ☐ Add noodles; cook until tender, about 12minutes.
- ☐ Remove skin and bone from chicken. Shred chicken; return to pot. Season soup with salt and pepper. Ladle into bowls and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:35.31, Glycemic Load:12.45, Inflammation Score:-10, Nutrition Score:19.274782201518%

Flavonoids

Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 281.09kcal (14.05%), Fat: 6.42g (9.87%), Saturated Fat: 1.37g (8.53%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 29.67g (10.79%), Sugar: 2.74g (3.04%), Cholesterol: 80.13mg (26.71%), Sodium: 336.24mg (14.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Selenium: 54.22µg (77.45%), Vitamin A: 3615.6IU (72.31%), Vitamin B3: 9.9mg (49.51%), Vitamin B6: 0.72mg (36.1%), Vitamin K: 33.05µg (31.47%), Phosphorus: 287.58mg (28.76%), Manganese: 0.41mg (20.6%), Potassium: 566.8mg (16.19%), Vitamin B5: 1.54mg (15.41%), Magnesium: 48.8mg (12.2%), Copper: 0.19mg (9.61%), Fiber: 2.4g (9.58%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.16mg (9.2%), Zinc: 1.35mg (9%), Iron: 1.36mg (7.56%), Vitamin C: 5.81mg (7.04%), Folate: 28.17µg (7.04%), Vitamin B12: 0.33µg (5.49%), Vitamin E: 0.65mg (4.35%), Calcium: 38.88mg (3.89%), Vitamin D: 0.19µg (1.26%)