



Chicken Noodle Soup

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 4 cups chicken stock see
- ☐ 2 cups meat from a rotisserie chicken cooked cut into small pieces
- ☐ 2 cups extra wide egg noodles
- ☐ 1 handful parsley chopped
- ☐ 0.5 juice of lemon
- ☐ 1 tablespoon oil

- ☐ 1 onion diced
- ☐ 0.3 cup parmigiano regginao finely grated (parmesan)
- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon miso white

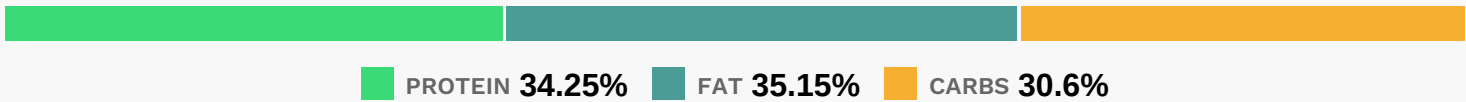
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large stock pot over medium-high heat, add the onions, carrot and celery and cook until tender, about 8-10 minutes.
- ☐ Add the chicken broth or stock, chicken and poultry seasoning, bring to a boil, reduce the heat and simmer for 5 minutes.
- ☐ Add the noodles and simmer until just tender, about 5 minutes. Optionally mix in the miso, parmesan and lemon juice. Season with salt and pepper to taste and mix in the parsley.

Nutrition Facts



Properties

Glycemic Index:67.46, Glycemic Load:7.89, Inflammation Score:-10, Nutrition Score:19.267826051816%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 296.84kcal (14.84%), Fat: 11.54g (17.75%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 19.99g (7.27%), Sugar: 4.68g (5.2%), Cholesterol: 77.41mg (25.8%), Sodium: 1419.66mg (61.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.59%), Vitamin A: 5381IU (107.62%), Selenium: 35.13µg (50.18%), Vitamin B3: 6.91mg (34.56%), Vitamin K: 34.37µg (32.73%), Phosphorus: 264.91mg (26.49%), Manganese: 0.46mg (22.84%), Vitamin B6: 0.44mg (22.07%), Vitamin B2: 0.33mg (19.31%), Zinc: 2.05mg (13.66%), Potassium: 466.25mg (13.32%), Calcium: 131.97mg (13.2%), Vitamin B1: 0.17mg (11.45%), Vitamin B5: 1.09mg (10.93%), Iron: 1.96mg (10.9%), Magnesium: 43.32mg (10.83%), Fiber: 2.6g (10.4%), Copper: 0.19mg (9.47%), Vitamin C: 7.3mg (8.84%), Folate: 31.43µg (7.86%), Vitamin E: 1.07mg (7.14%), Vitamin B12: 0.38µg (6.39%)