



Chicken Noodle Soup with Fresh Tarragon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 cups chicken stock see
- ☐ 0.3 pound vermicelli uncooked
- ☐ 1.3 teaspoons salt
- ☐ 1 pound chicken shredded cooked
- ☐ 2 tablespoons tarragon fresh whole

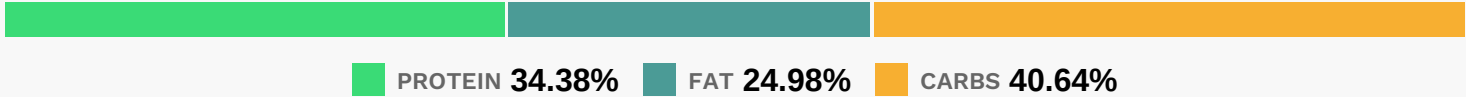
Equipment

- ☐ pot

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Place the stock, salt, and pepper in a large stockpot; bring to a simmer.
- ☐ Add chicken and tarragon; cook 2 minutes or until thoroughly heated.
- ☐ Add the pasta.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:18.98, Inflammation Score:-4, Nutrition Score:19.975652217865%

Nutrients (% of daily need)

Calories: 510.72kcal (25.54%), Fat: 13.75g (21.16%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 50.33g (16.78%), Net Carbohydrates: 49.4g (17.96%), Sugar: 7.59g (8.43%), Cholesterol: 99.45mg (33.15%), Sodium: 1569.18mg (68.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.58g (85.16%), Vitamin B3: 16.92mg (84.6%), Selenium: 44.33µg (63.33%), Vitamin B6: 0.85mg (42.42%), Phosphorus: 416.51mg (41.65%), Vitamin B2: 0.63mg (36.97%), Manganese: 0.52mg (26.01%), Potassium: 884.19mg (25.26%), Iron: 3.81mg (21.14%), Copper: 0.38mg (19.05%), Zinc: 2.82mg (18.78%), Vitamin B1: 0.26mg (17.27%), Magnesium: 60.14mg (15.04%), Vitamin B5: 1.13mg (11.25%), Folate: 40.44µg (10.11%), Calcium: 76.23mg (7.62%), Vitamin B12: 0.33µg (5.48%), Vitamin A: 209.26IU (4.19%), Fiber: 0.93g (3.71%), Vitamin C: 2.71mg (3.28%), Vitamin K: 1.37µg (1.3%)