



## Chicken Noodle Soup with Parsnips and Dill

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 carrots halved lengthwise
- 1.5 quarts chicken broth low-sodium homemade canned
- 0.3 cup optional: dill fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 1 onion chopped
- 4 parsnips halved lengthwise
- 1.5 teaspoons salt
- 1 pound chicken breasts boneless skinless ( 3)

2 ounces wide egg noodles

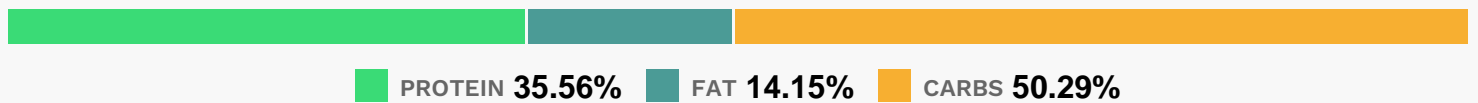
## Equipment

pot

## Directions

- In a large pot, combine the broth, onion, carrots, parsnips, salt, and pepper and bring to a simmer.
- Add the chicken breasts to the pot and simmer until just done, about 10 minutes.
- Remove the chicken; bring the soup back to a simmer. When the chicken breasts are cool enough to handle, cut them into bite-size pieces.
- Meanwhile, stir the noodles into the soup. Simmer until the vegetables are tender and the noodles are done, about 5 minutes. Return the chicken pieces to the pot and then stir in the dill and the parsley.
- Variations
- Add one diced turnip to the mix. : Use bone-in chicken breasts and cook them for an additional ten minutes. The extra time in the pot will give the soup even more flavor.
- Wine Recommendation: In just fifteen years, sauvignon blancs from New Zealand have burst upon the scene and risen to the top of the sauvignon-blanc heap. Sample their ripe citrus and herb flavors and bracing crispness with this soup and you will know why.

## Nutrition Facts



## Properties

Glycemic Index:54.21, Glycemic Load:17.33, Inflammation Score:-10, Nutrition Score:36.267826329107%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

## Nutrients (% of daily need)

Calories: 394.32kcal (19.72%), Fat: 6.37g (9.8%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 40.61g (14.77%), Sugar: 12.23g (13.58%), Cholesterol: 84.48mg (28.16%), Sodium: 1173.55mg (51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.05%), Vitamin A: 10461.42IU (209.23%), Vitamin B3: 18.75mg (93.76%), Selenium: 50.45µg (72.08%), Manganese: 1.18mg (59.21%), Vitamin B6: 1.18mg (58.9%), Phosphorus: 520.27mg (52.03%), Potassium: 1599.48mg (45.7%), Vitamin C: 35.84mg (43.44%), Vitamin K: 43.54µg (41.47%), Fiber: 10.33g (41.33%), Folate: 133.74µg (33.43%), Vitamin B5: 2.89mg (28.89%), Magnesium: 98.13mg (24.53%), Copper: 0.48mg (24.23%), Vitamin B2: 0.36mg (21.29%), Vitamin E: 2.99mg (19.91%), Vitamin B1: 0.29mg (19.39%), Zinc: 2.42mg (16.15%), Iron: 2.8mg (15.57%), Calcium: 114.29mg (11.43%), Vitamin B12: 0.62µg (10.38%), Vitamin D: 0.16µg (1.04%)