

DINNER

Chicken-Noodle Soup with Spinach

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.26	249 kcal



You can never have too many main course recipes, so give Chicken-Noodle Soup with Spinach a try. One portion of this dish contains approximately 22g of protein, 7g of fat, and a total of 249 calories. This recipe serves 4.

Ingredients

- ☐ 5 ounce package baby spinach
- ☐ 2 skinless, boneless chicken-breast halves
- ☐ 1 teaspoon minced garlic
- ☐ 2 teaspoons olive oil
- ☐ 1 inch Parmesan cheese, preferably with rind
- ☐ ½ cup uncooked tubetti (tiny tube-shaped pasta) or other small pasta
tiny pasta
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 42 ounce fat-free, less-sodium chicken broth
canned
- ☐ ¼ teaspoon grated whole nutmeg
- ☐ ¼ cup shaved fresh Parmesan cheese
- ☐ ¼ teaspoon salt

Method

- 1

Heat oil in a large stockpot over medium-low heat.
- 2

Add garlic; cook 10 seconds or until fragrant.
- 3

Add broth, chicken, Parmesan cube, salt, pepper, and nutmeg. Bring to a boil; reduce heat to medium, and simmer 10 minutes.
- 4

Remove chicken; set aside.
- 5

Remove Parmesan cube; discard.
- 6

Return broth mixture to a boil.
- 7

Add pasta; simmer 9 minutes or until pasta is tender.
- 8

Cut chicken-breast halves into thin strips; return to soup. Stir in spinach, and simmer 1 minute or until wilted. Divide soup evenly among 4 bowls; sprinkle with 1/4 cup shaved Parmesan cheese.

Nutrition per serving			
	249	22 g	7 g
	KCAL	PROTEIN	FAT
			24 g
			CARBS
Saturated Fat			2.2 g · 14% of daily needs
Fibre			1.8 g · 7% of daily needs
Sugar			1.5 g · 2% of daily needs
Sodium			1,600 mg · 70% of daily needs
Cholesterol			42.2 mg · 14% of daily needs
Vitamin C			10.9 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-noodle-soup-with-spinach-148382