



Chicken, sweetcorn & noodle soup

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots chopped
- ☐ 2 large leek trimmed finely sliced
- ☐ 2 corn kernels
- ☐ 200 g soup noodles
- ☐ 1 small bunch parsley finely chopped
- ☐ 2 onion quartered
- ☐ 1 leek cut into chunks
- ☐ 2 carrots sliced

- ☐ 2 bay leaves
- ☐ 6 peppercorns black
- ☐ 8 servings parsley
- ☐ 4 celery stalks roughly chopped
- ☐ 2 tbsp vegetable cube low-sodium
- ☐ 1.3 kg chicken

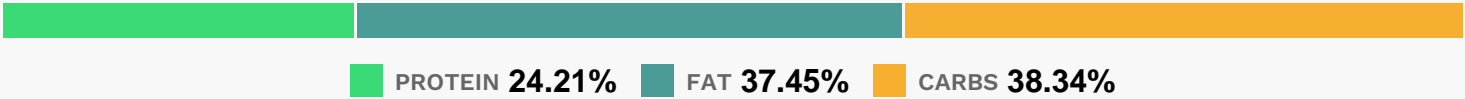
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve

Directions

- ☐ Put all the stock ingredients and the chicken in a very large saucepan, then cover everything with about 3 litres cold water. Bring to the boil, then lower to a simmer and cook for 1 hr-1 hrs, until the chicken is cooked through. Skim off any froth every 20 mins or so.
- ☐ Remove the chicken to a plate to cool. Strain the stock through a sieve, skimming off as much fat as you can.
- ☐ Rinse out the pan and put the stock back in, then simmer on a high heat until reduced a little you need about 2 litres in total.
- ☐ Add the carrots and leeks, then simmer for 10 mins.
- ☐ Meanwhile, shred the meat from the chicken, discarding the skin and bones.
- ☐ Add to the pan with the sweetcorn.
- ☐ Add the vermicelli noodles, unless you want to freeze the soup, and simmer for about 7 mins more, until the corn and pasta is cooked. Ladle into bowls, sprinkled with the parsley. To freeze, allow the soup to cool completely before freezing (see tip), and when youre ready to eat, allow the soup to defrost before bringing it back to a gentle simmer in a pan.
- ☐ Add the noodles and simmer until cooked.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:10.58, Inflammation Score:-10, Nutrition Score:22.021739047507%

Flavonoids

Apigenin: 24.03mg, Apigenin: 24.03mg, Apigenin: 24.03mg, Apigenin: 24.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 322.72kcal (16.14%), Fat: 13.35g (20.55%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 27.46g (9.99%), Sugar: 5.1g (5.67%), Cholesterol: 58.5mg (19.5%), Sodium: 723.33mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.85%), Vitamin K: 204.54µg (194.8%), Vitamin A: 7169.08IU (143.38%), Selenium: 27.56µg (39.37%), Vitamin B3: 6.38mg (31.89%), Vitamin C: 24.12mg (29.24%), Manganese: 0.52mg (25.97%), Vitamin B6: 0.48mg (23.87%), Phosphorus: 200.4mg (20.04%), Folate: 59.86µg (14.97%), Iron: 2.6mg (14.43%), Potassium: 478.09mg (13.66%), Fiber: 3.3g (13.21%), Magnesium: 50.91mg (12.73%), Zinc: 1.67mg (11.1%), Vitamin B5: 1.04mg (10.4%), Copper: 0.19mg (9.69%), Vitamin B2: 0.16mg (9.28%), Vitamin B1: 0.13mg (8.94%), Calcium: 67.52mg (6.75%), Vitamin E: 0.88mg (5.89%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.16µg (1.04%)