



Chicken Vegetable Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots sliced
- 1 cup celery chopped
- 2 cups meat from a rotisserie chicken diced cooked
- 2 quarts chicken bouillon
- 8 ounce extra wide egg noodles cooked drained
- 1 cup peas fresh green
- 1 teaspoon rosemary dried whole
- 1 teaspoon salt

1 teaspoon thyme leaves dried whole

Equipment

bowl

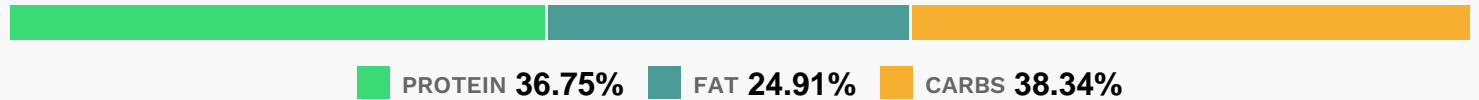
ladle

dutch oven

Directions

Combine first 5 ingredients in a large Dutch oven; bring to a boil. Stir in remaining ingredients. Reduce heat; cover and simmer 15 minutes or until vegetables are tender. Ladle into individual soup bowls; serve warm.

Nutrition Facts



Properties

Glycemic Index:40.53, Glycemic Load:6.21, Inflammation Score:-10, Nutrition Score:13.380869461142%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 173.91kcal (8.7%), Fat: 4.79g (7.37%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 13.83g (5.03%), Sugar: 3.68g (4.08%), Cholesterol: 45.96mg (15.32%), Sodium: 1718.92mg (74.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.82%), Vitamin A: 3858.33IU (77.17%), Selenium: 22.62µg (32.32%), Vitamin B3: 4.74mg (23.68%), Phosphorus: 165.74mg (16.57%), Vitamin K: 16.6µg (15.81%), Vitamin B6: 0.3mg (14.95%), Manganese: 0.3mg (14.89%), Vitamin C: 11.54mg (13.99%), Fiber: 2.77g (11.07%), Magnesium: 36.85mg (9.21%), Zinc: 1.37mg (9.14%), Vitamin B2: 0.15mg (8.99%), Potassium: 312.75mg (8.94%), Vitamin B1: 0.13mg (8.63%), Folate: 34.46µg (8.62%), Iron: 1.52mg (8.45%), Copper: 0.16mg (7.75%), Vitamin B5: 0.71mg (7.09%), Calcium: 52.48mg (5.25%), Vitamin B12: 0.17µg (2.82%), Vitamin E: 0.33mg (2.17%)