



Chicken-Vegetable Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups carrots cubed () (8 ounces)
- ☐ 2.5 cups celery chopped (4 stalks)
- ☐ 8 ounces extra wide egg noodles
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups leek thinly sliced (2 large)
- ☐ 1.5 cups parsnips cubed () (8 ounces)
- ☐ 6 pound roasting chickens

- ☐ 1.5 cups turnip cubed () (8 ounces)
- ☐ 8 cups water

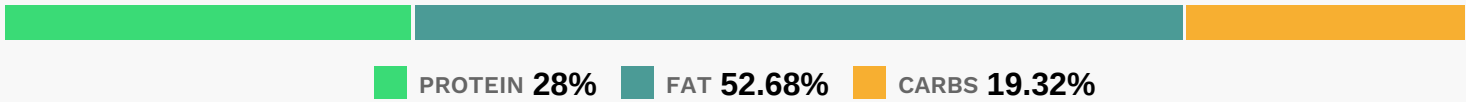
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Remove and discard giblets and neck from chicken.
- ☐ Remove and discard skin from chicken; trim excess fat. Split chicken in half lengthwise; place in a Dutch oven. Cover with 8 cups water; bring to a boil. Cook 10 minutes. Skim fat from surface of broth; discard fat.
- ☐ Add celery and next 4 ingredients (through turnip) to pan, stirring well; bring to a boil. Reduce heat, and simmer 30 minutes or until vegetables are almost tender, stirring occasionally.
- ☐ Remove chicken; let stand 10 minutes.
- ☐ Remove chicken from bones; shred chicken with 2 forks to yield 6 cups meat. Discard bones. Simmer vegetable mixture 10 minutes or until tender. Return shredded chicken to pan. Stir in salt, pepper, and dill, if desired.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Place 1/2 cup noodles in each of 8 bowls; top each serving with 1 1/2 cups chicken mixture.

Nutrition Facts



Properties

Glycemic Index:38.98, Glycemic Load:12.8, Inflammation Score:-10, Nutrition Score:32.826086824355%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.44mg, Quercetin:

0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 691.5kcal (34.58%), Fat: 39.93g (61.44%), Saturated Fat: 11.33g (70.83%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 28.75g (10.46%), Sugar: 5.09g (5.65%), Cholesterol: 237.39mg (79.13%), Sodium: 544.93mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.76g (95.52%), Vitamin A: 6633.85IU (132.68%), Vitamin B3: 17.26mg (86.28%), Selenium: 52.15µg (74.49%), Phosphorus: 526.33mg (52.63%), Vitamin B6: 1.01mg (50.45%), Vitamin B12: 2.54µg (42.35%), Manganese: 0.67mg (33.61%), Vitamin B5: 3.16mg (31.64%), Folate: 123.34µg (30.83%), Vitamin B2: 0.51mg (29.93%), Vitamin K: 28.85µg (27.48%), Zinc: 4.09mg (27.25%), Iron: 4.78mg (26.55%), Potassium: 896.63mg (25.62%), Vitamin C: 20.38mg (24.71%), Magnesium: 88.71mg (22.18%), Copper: 0.37mg (18.61%), Vitamin B1: 0.26mg (17.52%), Fiber: 4.21g (16.82%), Calcium: 92.55mg (9.26%), Vitamin E: 0.93mg (6.22%)