



WHATSheATE



## Chinese Chicken-Noodle Soup

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups prewashed baby spinach
- ☐ 4 servings pepper white black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 2 chicken-breast halves boneless skinless thinly sliced
- ☐ 1 teaspoon chili-garlic sauce
- ☐ 47.3 ounce chicken broth fat-free low-sodium, canned
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 6 ounce japanese ramen noodles
- ☐ 4 scallions thinly sliced

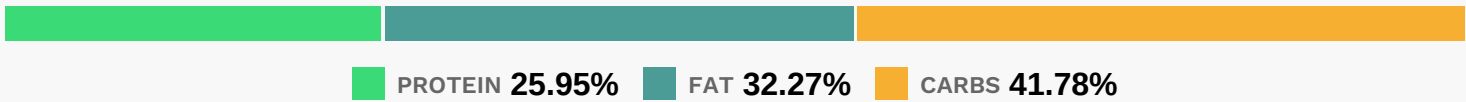
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

## Directions

- ☐ Place noodles (discard seasoning packages) in a large bowl; cover with boiling water. Soak 3 minutes; drain under running water. Divide among 4 soup bowls.
- ☐ Heat oil in a medium saucepan over medium heat. Stir-fry ginger and garlic about 30 seconds.
- ☐ Add broth, soy sauce, chili-garlic sauce, chicken, and pepper to taste; bring to a boil. Reduce heat to low; simmer about 5 minutes, or until chicken is done.
- ☐ Remove from heat; stir in scallions. Ladle soup over noodles. Top with 1/2 cup spinach and chili-garlic sauce to taste.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:21.740434765816%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

## Nutrients (% of daily need)

Calories: 301.47kcal (15.07%), Fat: 10.84g (16.67%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 29.27g (10.64%), Sugar: 1.79g (1.99%), Cholesterol: 36.16mg (12.05%), Sodium: 2520.75mg (109.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.21%), Vitamin K: 101.28µg (96.46%), Vitamin B3: 9.74mg (48.72%), Selenium: 30.23µg (43.18%), Vitamin B1: 0.52mg (34.73%), Vitamin A: 1548.38IU (30.97%),

Vitamin B6: 0.57mg (28.67%), Manganese: 0.55mg (27.25%), Folate: 92.64µg (23.16%), Phosphorus: 230.93mg (23.09%), Iron: 3.34mg (18.57%), Vitamin B2: 0.29mg (17.02%), Potassium: 531.27mg (15.18%), Vitamin B12: 0.89µg (14.82%), Vitamin B5: 1.37mg (13.68%), Magnesium: 47.76mg (11.94%), Copper: 0.21mg (10.55%), Vitamin C: 8.25mg (10%), Vitamin E: 1.49mg (9.95%), Fiber: 2.29g (9.16%), Zinc: 0.96mg (6.4%), Calcium: 61.54mg (6.15%)