



Chinese Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons julienne- carrot
- ☐ 2.3 cups chicken broth low-sodium undiluted canned
- ☐ 0.5 cup chicken breast shredded cooked (skinned before cooking and without salt)
- ☐ 2 tablespoons mushrooms fresh sliced
- ☐ 0.3 teaspoon gingerroot minced peeled
- ☐ 1 tablespoon green onions sliced
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 cup snow pea pods fresh trimmed

- ☐ 1 ounce vermicelli uncooked
- ☐ 8 medium size shrimp fresh unpeeled
- ☐ 2 tablespoons water chestnuts sliced

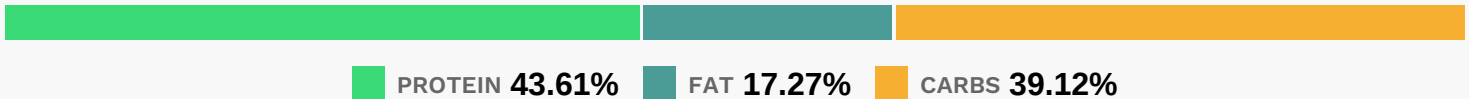
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring chicken broth to a boil in a medium saucepan.
- ☐ Add carrot and next 3 ingredients; cook, uncovered, 2 minutes.
- ☐ Break vermicelli into pieces; add vermicelli and chicken to broth mixture. Cook over medium heat 5 minutes, stirring occasionally.
- ☐ Peel and devein shrimp; chop shrimp.
- ☐ Add shrimp and snow peas to broth mixture. Cook 3 to 5 minutes or until shrimp turns pink. Stir in soy sauce.
- ☐ To serve, ladle soup into individual bowls, and sprinkle evenly with green onions.

Nutrition Facts



Properties

Glycemic Index:91.92, Glycemic Load:7.35, Inflammation Score:-9, Nutrition Score:14.628695734817%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 223.47kcal (11.17%), Fat: 4.38g (6.73%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 20.16g (7.33%), Sugar: 3.01g (3.35%), Cholesterol: 90.65mg (30.22%), Sodium: 481.65mg (20.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Vitamin A: 2816.47IU (56.33%), Vitamin B3: 7.45mg (37.24%), Phosphorus: 304mg (30.4%), Copper: 0.43mg (21.3%), Vitamin C: 16.77mg (20.32%), Potassium: 627.04mg (17.92%), Selenium: 12.53µg (17.91%), Vitamin B6: 0.3mg (14.96%), Vitamin B2: 0.25mg (14.62%), Vitamin K: 14.36µg (13.68%), Iron: 2.27mg (12.62%), Manganese: 0.24mg (12.05%), Zinc: 1.78mg (11.87%), Magnesium: 42.13mg (10.53%), Fiber: 2.15g (8.59%), Vitamin B5: 0.85mg (8.55%), Calcium: 64.39mg (6.44%), Vitamin B12: 0.37µg (6.22%), Folate: 24.63µg (6.16%), Vitamin B1: 0.09mg (6.14%), Vitamin E: 0.36mg (2.41%)