



## Chock-Full Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups baking potatoes diced peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots sliced ( )
- ☐ 1 cup celery chopped
- ☐ 6 cups chicken stock see divided
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 1.5 cups extra wide egg noodles uncooked
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 2 cups pkt spinach chopped

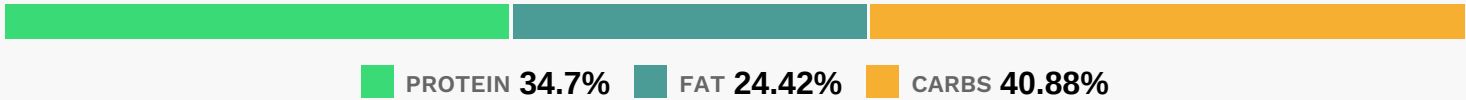
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion, and saut 3 minutes.
- ☐ Add oregano and garlic, and saut 30 seconds.
- ☐ Add 5 3/4 cups Chicken Stock and potato. Bring to a boil; reduce heat, and simmer for 15 minutes or until the potato is tender. Mash potato in stock mixture.
- ☐ Add celery and carrot; bring to a boil, reduce heat, and simmer for 5 minutes.
- ☐ Add the chicken, spinach, and salt; bring to a boil, reduce heat, and simmer 3 minutes.
- ☐ Add noodles; bring to a boil, and cook 5 minutes.
- ☐ Combine 1/4 cup stock and flour in a small bowl; stir well with a whisk. Stir flour mixture into soup; simmer 3 minutes. Stir in pepper.

## Nutrition Facts



## Properties

Glycemic Index:81.72, Glycemic Load:15.28, Inflammation Score:-10, Nutrition Score:26.50347821544%

## Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 380.68kcal (19.03%), Fat: 10.21g (15.7%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 35.14g (12.78%), Sugar: 8.06g (8.95%), Cholesterol: 81.22mg (27.07%), Sodium: 990.2mg (43.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.63g (65.26%), Vitamin A: 5551.47IU (111.03%), Vitamin K: 72.01µg (68.58%), Vitamin B3: 12.67mg (63.36%), Selenium: 37.74µg (53.91%), Vitamin B6: 0.88mg (43.85%), Phosphorus: 333.39mg (33.34%), Potassium: 1032.98mg (29.51%), Vitamin B2: 0.47mg (27.87%), Manganese: 0.48mg (23.83%), Folate: 78.28µg (19.57%), Vitamin B1: 0.29mg (19.48%), Copper: 0.36mg (17.8%), Iron: 3.18mg (17.64%), Magnesium: 69.62mg (17.4%), Zinc: 2.32mg (15.46%), Vitamin C: 12.07mg (14.63%), Fiber: 3.29g (13.17%), Vitamin B5: 1.29mg (12.9%), Calcium: 74.94mg (7.49%), Vitamin E: 0.74mg (4.95%), Vitamin B12: 0.28µg (4.61%)