



Chunky Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon bay leaf crushed
- 2 carrots chopped
- 2 stalks celery chopped
- 8 cubes chicken bouillon
- 32 fluid ounce chicken stock see
- 0.3 teaspoon basil dried
- 4 cups extra wide egg noodles
- 1 teaspoon ground pepper black

- 0.3 cup onion chopped
- 0.1 teaspoon oregano dried
- 1 cup peas-carrots mix shopping list frozen
- 1 teaspoon salt
- 3 chicken breast halves boneless skinless cut into 1-inch pieces
- 3 quarts water

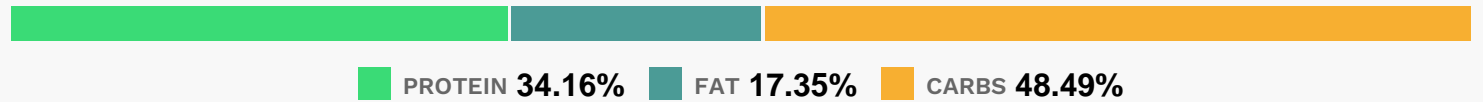
Equipment

- pot

Directions

- Bring water, chicken stock, and chicken bouillon to a boil in a large stock pot.
- Add chicken breast, egg noodles, peas and carrots, chopped carrots, celery, onion, salt, black pepper, basil, bay leaf, and oregano. Continue to boil, uncovered, for 20 minutes. Reduce heat to medium and simmer until chicken is no longer pink in the center and noodles are tender, 5 to 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:9.7004348376523%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 122.4kcal (6.12%), Fat: 2.34g (3.6%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 13.41g (4.88%), Sugar: 2.2g (2.45%), Cholesterol: 31.09mg (10.36%), Sodium: 378.24mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Vitamin A: 2856.61IU (57.13%), Selenium:

20.96µg (29.95%), Vitamin B3: 4.75mg (23.76%), Vitamin B6: 0.32mg (16.14%), Phosphorus: 124.64mg (12.46%), Manganese: 0.19mg (9.53%), Potassium: 298.71mg (8.53%), Vitamin B2: 0.13mg (7.5%), Copper: 0.15mg (7.36%), Vitamin B1: 0.1mg (6.62%), Magnesium: 25.11mg (6.28%), Vitamin B5: 0.59mg (5.92%), Fiber: 1.32g (5.29%), Folate: 18.06µg (4.52%), Zinc: 0.65mg (4.3%), Vitamin K: 4.35µg (4.14%), Iron: 0.73mg (4.08%), Vitamin C: 2.86mg (3.46%), Calcium: 26.95mg (2.7%), Vitamin B12: 0.09µg (1.55%), Vitamin E: 0.22mg (1.45%)