



Chunky Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 3 celery
- ☐ 2 teaspoons chicken soup base
- ☐ 0.3 teaspoon thyme dried
- ☐ 2 ounces extra wide egg noodles uncooked
- ☐ 2 tablespoons parsley fresh minced

- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 teaspoon poultry seasoning
- ☐ 2 cups water
- ☐ 4 cups water
- ☐ 3 pound frangelico
- ☐ 3 pound frangelico

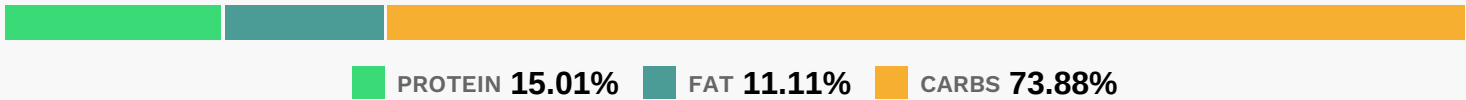
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until chicken is tender.
- ☐ Remove chicken from broth, discarding celery and reserving broth.
- ☐ Skim fat from broth.
- ☐ Add 2 cups water and next 8 ingredients to broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Bone and chop chicken; add to broth mixture. Cook 5 minutes or until thoroughly heated. Discard bay leaf. Ladle soup into bowls, and sprinkle with additional pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:7.0239130388135%

Flavonoids

Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 49.82kcal (2.49%), Fat: 0.63g (0.97%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.15g (2.96%), Sugar: 1.33g (1.48%), Cholesterol: 8.02mg (2.67%), Sodium: 204.82mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin K: 46.01µg (43.82%), Vitamin A: 2092.8IU (41.86%), Selenium: 7.82µg (11.17%), Manganese: 0.17mg (8.49%), Vitamin C: 4.39mg (5.33%), Folate: 21.3µg (5.32%), Fiber: 1.32g (5.29%), Potassium: 159.1mg (4.55%), Copper: 0.09mg (4.55%), Magnesium: 15.22mg (3.8%), Phosphorus: 37.92mg (3.79%), Calcium: 36.16mg (3.62%), Iron: 0.6mg (3.31%), Vitamin B6: 0.07mg (3.27%), Vitamin B2: 0.04mg (2.37%), Vitamin B3: 0.47mg (2.34%), Vitamin B1: 0.03mg (2.33%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.23mg (1.55%)