



Classic Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

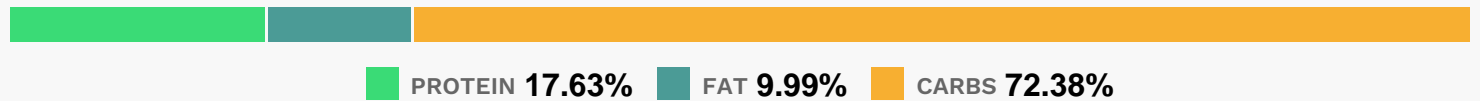
- 1 chicken stock cube
- 3 cups extra wide egg noodles
- 0.5 cup parsley fresh chopped
- 1 cup peas green frozen
- 8 servings pepper black freshly ground

Equipment

Directions

- Prepare Fast Chicken Soup Base. Bring to a simmer.
- Add these, then simmer until tender, 10–20 minutes: 3 cups egg noodles.
- Before removing from heat, stir in: 1 cup (5 ounces) frozen green peas and 1/2 cup chopped fresh parsley.
- Add salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:5.01, Inflammation Score:-5, Nutrition Score:7.4404347826087%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.34kcal (3.62%), Fat: 0.81g (1.24%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 11.5g (4.18%), Sugar: 1.41g (1.57%), Cholesterol: 12.04mg (4.01%), Sodium: 125.39mg (5.45%), Protein: 3.21g (6.41%), Vitamin K: 66.23µg (63.08%), Selenium: 11.7µg (16.72%), Vitamin C: 12.24mg (14.84%), Manganese: 0.22mg (10.78%), Vitamin A: 463.95IU (9.28%), Fiber: 1.65g (6.61%), Phosphorus: 57.08mg (5.71%), Folate: 21.79µg (5.45%), Vitamin B1: 0.08mg (5.08%), Iron: 0.78mg (4.36%), Magnesium: 16.57mg (4.14%), Copper: 0.08mg (4.06%), Vitamin B3: 0.74mg (3.7%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.07mg (3.28%), Potassium: 102.64mg (2.93%), Vitamin B2: 0.04mg (2.51%), Vitamin B5: 0.17mg (1.68%), Calcium: 16.07mg (1.61%)