



 **53%**
HEALTH SCORE

Classic Chicken Noodle Soup with Roasted Vegetables

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons brown mustard seeds
- 4 carrots peeled sliced
- 3 celery stalks chopped
- 32 ounces chicken broth
- 2 tablespoons olive oil extra virgin
- 3 tablespoons parsley fresh finely chopped

- 2 tablespoons garlic fresh minced
- 0.5 teaspoon kosher salt
- 1 medium onion finely chopped
- 0.3 lb soup noodles
- 3 cups brussels sprouts for roasting: cauliflower, brussels sprouts
- 4 cups chicken shredded cooked

Equipment

- baking sheet
- oven
- dutch oven

Directions

- Heat olive oil in large dutch oven over medium heat.
- Saute onion, cooking and stirring for 5 minutes to soften. Stir in garlic and cook for an additional minute. Stir in cooked chicken, reduce heat to simmer and set aside. Preheat oven to 350 degrees F. and line a large baking sheet with parchment or a silpat liner. Arrange carrots, celery and any other vegetables you want to roast onto your baking sheet.
- Drizzle with olive oil and season lightly with kosher salt and pepper. Roast for 20 minutes or until vegetables are fork tender.
- Remove and transfer to soup. Increase heat to medium and add chicken broth, noodles, salt, pepper and brown mustard. Stir to combine. Increase to medium-high and let lightly boil for 8 minutes, until pasta is al dente. Reduce heat to simmer. Before serving stir in fresh parsley.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:6.27, Inflammation Score:-10, Nutrition Score:21.458695650101%

Flavonoids

Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 247.12kcal (12.36%), Fat: 9.08g (13.97%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 16.28g (5.92%), Sugar: 3.72g (4.14%), Cholesterol: 54.77mg (18.26%), Sodium: 651.8mg (28.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.03%), Vitamin A: 5509.24IU (110.18%), Vitamin K: 89.83µg (85.55%), Selenium: 29.11µg (41.59%), Vitamin C: 33.59mg (40.71%), Vitamin B3: 6.64mg (33.21%), Vitamin B6: 0.47mg (23.42%), Manganese: 0.43mg (21.53%), Phosphorus: 213.76mg (21.38%), Vitamin B2: 0.24mg (13.88%), Potassium: 485.03mg (13.86%), Fiber: 3.02g (12.07%), Zinc: 1.67mg (11.11%), Vitamin B1: 0.16mg (10.93%), Iron: 1.92mg (10.66%), Magnesium: 40.27mg (10.07%), Vitamin B5: 0.98mg (9.82%), Folate: 38.69µg (9.67%), Copper: 0.15mg (7.73%), Vitamin E: 1.12mg (7.43%), Calcium: 51.69mg (5.17%), Vitamin B12: 0.23µg (3.76%)