



Country Comfort Chicken Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots sliced
- ☐ 1 cup celery chopped
- ☐ 4 cubes chicken bouillon
- ☐ 1 teaspoon parsley dried
- ☐ 5 cups extra wide egg noodles uncooked fine
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon poultry seasoning

- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 6 chicken thighs boneless skinless
- ☐ 9 cups water

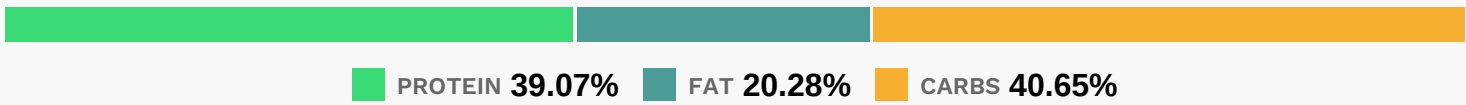
Equipment

- ☐ pot

Directions

- ☐ Place all ingredients except noodles in a large soup pot. Bring to a boil; cover, reduce heat and simmer until chicken and vegetables are tender, about one hour.
- ☐ Remove chicken from simmering broth; let chicken cool slightly. Stir noodles into broth; simmer, uncovered, until done, about 5 minutes. While noodles are cooking, dice chicken and return to soup.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:7.35, Inflammation Score:-10, Nutrition Score:16.267826208602%

Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 209.75kcal (10.49%), Fat: 4.65g (7.16%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 18.94g (6.89%), Sugar: 2.18g (2.42%), Cholesterol: 100.46mg (33.49%), Sodium: 712.7mg (30.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.33%), Vitamin A: 4518.48IU (90.37%), Selenium: 38.54µg (55.05%), Vitamin B3: 5.48mg (27.41%), Vitamin B6: 0.5mg (25.15%), Phosphorus: 231.79mg (23.18%), Manganese: 0.36mg (17.82%), Vitamin B5: 1.41mg (14.06%), Vitamin K: 13.62µg (12.97%), Zinc: 1.88mg (12.56%), Vitamin B2: 0.19mg (11.39%), Potassium: 387.01mg (11.06%), Magnesium: 42.32mg (10.58%), Copper: 0.21mg

(10.43%), Vitamin B12: 0.61µg (10.19%), Iron: 1.66mg (9.24%), Vitamin B1: 0.13mg (8.95%), Fiber: 2.03g (8.13%), Folate: 24.25µg (6.06%), Calcium: 48.62mg (4.86%), Vitamin C: 1.92mg (2.33%), Vitamin E: 0.28mg (1.9%)