



Creamy Chicken Noodle Soup

READY IN



25 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 21.5 ounce campbell's® condensed cream of chicken soup fat free 98% canned Regular or
- ☐ 1 cup meat from a rotisserie chicken cubed cooked
- ☐ 1 cup extra wide egg noodles cooked
- ☐ 2 cups milk
- ☐ 1 tablespoon vegetable oil

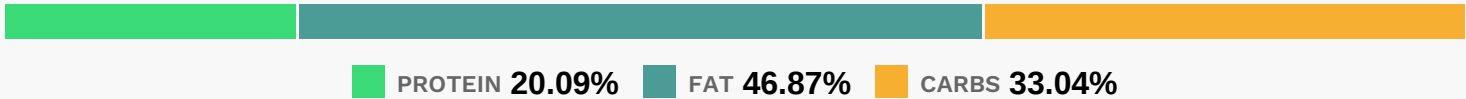
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in 3-qt. saucepan over medium heat.
- ☐ Add carrots and celery and cook until tender.
- ☐ Stir soup and milk into pan.
- ☐ Heat to a boil.
- ☐ Add chicken and noodles. Reduce heat to low. Cook and stir for 5 min. or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:12.88, Inflammation Score:-10, Nutrition Score:17.931304361509%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 371.61kcal (18.58%), Fat: 19.37g (29.79%), Saturated Fat: 6.19g (38.72%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 28.91g (10.51%), Sugar: 8.83g (9.81%), Cholesterol: 64.68mg (21.56%), Sodium: 1185.15mg (51.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Vitamin A: 6601.68IU (132.03%), Selenium: 23.5µg (33.57%), Phosphorus: 285.46mg (28.55%), Vitamin K: 23.48µg (22.36%), Vitamin B3: 4.06mg (20.31%), Calcium: 200.27mg (20.03%), Vitamin B2: 0.33mg (19.42%), Manganese: 0.31mg (15.63%), Vitamin B6: 0.3mg (15.04%), Potassium: 520.22mg (14.86%), Copper: 0.28mg (13.93%), Iron: 2.43mg (13.49%), Vitamin B5: 1.34mg (13.41%), Vitamin B12: 0.8µg (13.27%), Zinc: 1.85mg (12.31%), Magnesium: 43.01mg (10.75%), Vitamin E: 1.52mg (10.14%), Vitamin B1: 0.15mg (9.99%), Vitamin D: 1.38µg (9.21%), Fiber: 1.81g (7.23%), Folate: 21.64µg (5.41%), Vitamin C: 2.9mg (3.51%)