



WHATSheATE



Creamy Chicken Noodle Soup with Pesto Drizzle



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks sliced
- ☐ 0.5 cup onion chopped
- ☐ 32 oz chicken broth reduced-sodium
- ☐ 2.5 cups milk
- ☐ 1 box tuna

- ☐ 2 cups roasted chicken cooked
- ☐ 1 bay leaves dried
- ☐ 2 tablespoons basil pesto

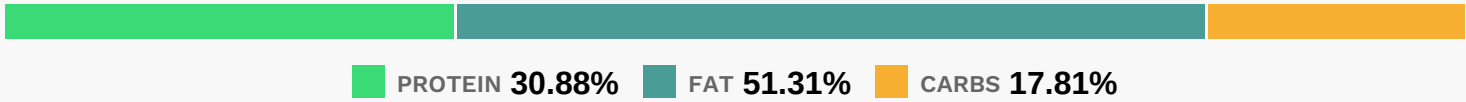
Equipment

- ☐ bowl
- ☐ ladle
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven or stockpot, melt butter over medium heat.
- ☐ Add carrots, celery and onion; cook about 5 minutes, stirring frequently, until carrots are crisp-tender.
- ☐ Stir in broth, milk, uncooked pasta and sauce mix (from Tuna Helper box), chicken and bay leaf.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 12 to 15 minutes, stirring occasionally, until pasta and vegetables are tender.
- ☐ Remove bay leaf from soup; ladle soup into bowls.
- ☐ Place pesto in small resealable food-storage plastic bag; seal bag.
- ☐ Cut off small corner of bag; drizzle pesto over soup.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:13.130434875903%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 217.55kcal (10.88%), Fat: 12.37g (19.03%), Saturated Fat: 3.87g (24.22%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.48g (3.08%), Sugar: 7.5g (8.34%), Cholesterol: 50.68mg (16.89%), Sodium: 754.42mg (32.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Vitamin A: 4095.5IU (81.91%), Vitamin B3: 4.41mg (22.06%), Phosphorus: 215.03mg (21.5%), Selenium: 14.29µg (20.41%), Vitamin B2: 0.33mg (19.15%), Calcium: 163.16mg (16.32%), Vitamin B6: 0.31mg (15.62%), Vitamin B12: 0.72µg (12.06%), Potassium: 420.42mg (12.01%), Vitamin B5: 0.97mg (9.67%), Vitamin B1: 0.14mg (9.46%), Zinc: 1.33mg (8.86%), Vitamin K: 8.11µg (7.72%), Vitamin D: 1.12µg (7.47%), Manganese: 0.15mg (7.4%), Magnesium: 29.46mg (7.36%), Fiber: 1.18g (4.71%), Iron: 0.84mg (4.64%), Folate: 15.06µg (3.77%), Copper: 0.07mg (3.56%), Vitamin C: 2.78mg (3.37%), Vitamin E: 0.45mg (2.97%)