



## Easy Chicken Noodle Soup

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 2 medium carrots
- 2 medium celery stalks
- 1 pound chicken breast bone-in
- 0.3 teaspoon thyme dried
- 2 ounce japanese ramen noodles instant
- 1 teaspoon kosher salt as needed plus more

- 1.5 quarts chicken broth low-sodium
- 1 tablespoon olive oil
- 2 tablespoons parsley fresh italian coarsely chopped
- 1 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole (thigh and drumstick,)
- 0.5 medium onion yellow

## Equipment

- frying pan
- paper towels
- sauce pan
- cutting board

## Directions

- Pat the chicken dry with paper towels and season generously all over with salt and pepper; set aside.
- Heat the oil in a large saucepan over medium-high heat until shimmering.
- Add the chicken and cook, turning occasionally, until it's browned all over, about 6 to 8 minutes.
- Transfer to a large plate and set aside.Reduce the heat to medium.
- Add the carrot, celery, onion, measured salt, measured pepper, and thyme to the saucepan and stir to combine. Cook, stirring occasionally and scraping up any browned bits from the bottom of the pan, until the vegetables have softened and are just starting to brown, about 5 minutes.
- Add the broth or stock and stir to combine.
- Add the bay leaf and return the chicken pieces and any accumulated juices to the saucepan. Increase the heat to medium high and bring to a boil. Reduce the heat to medium low and simmer until the chicken is cooked through, about 20 minutes. Turn off the heat.
- Transfer the chicken to a cutting board. Using 2 forks, remove the meat from the bone, discarding the skin, cartilage, and fat. Shred the meat into bite-sized pieces and add it back to the saucepan.Break the noodle block into large pieces, add them to the saucepan, and stir to combine.

- Let sit, stirring occasionally, until the noodles are cooked through, about 5 minutes.
- Add the parsley and stir to combine. Taste and season with salt and pepper as needed.

## Nutrition Facts



### Properties

Glycemic Index:54.21, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:25.670869630316%

### Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

### Nutrients (% of daily need)

Calories: 367.29kcal (18.36%), Fat: 16.04g (24.67%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.26g (5.91%), Sugar: 2.76g (3.06%), Cholesterol: 102.53mg (34.18%), Sodium: 1159.48mg (50.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.92%), Vitamin A: 5343.02IU (106.86%), Vitamin B3: 19.15mg (95.73%), Selenium: 43.62µg (62.32%), Vitamin B6: 1.06mg (53.13%), Phosphorus: 428.04mg (42.8%), Vitamin K: 42.63µg (40.6%), Potassium: 951.93mg (27.2%), Vitamin B5: 2.09mg (20.9%), Vitamin B2: 0.33mg (19.24%), Vitamin B1: 0.27mg (18.07%), Copper: 0.28mg (13.96%), Vitamin B12: 0.8µg (13.29%), Iron: 2.33mg (12.94%), Magnesium: 49.06mg (12.27%), Zinc: 1.73mg (11.57%), Manganese: 0.18mg (9.22%), Folate: 34.25µg (8.56%), Vitamin C: 7.05mg (8.54%), Vitamin E: 1.23mg (8.23%), Fiber: 1.57g (6.29%), Calcium: 46mg (4.6%)