



Easy Chicken Noodle Soup

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic finely chopped
- 0.5 cup spring onion sliced
- 1 cup carrots chopped
- 2 cups roasted chicken cubed cooked
- 4 oz extra wide egg noodles uncooked
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon pepper

- 1 bay leaves dried
- 6 cups chicken broth (from two 32-oz cartons)

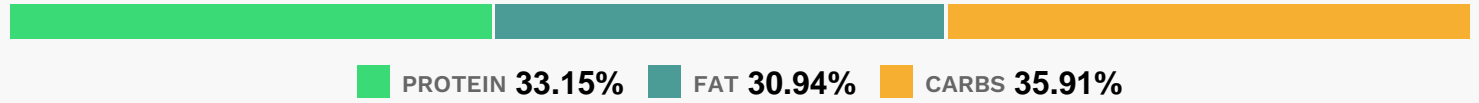
Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat oil over medium heat.
- Add garlic, onions and carrots; cook 4 minutes, stirring occasionally.
- Stir in remaining ingredients.
- Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until carrots and noodles are tender.
- Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:46.21, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:19.889565252739%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 298.18kcal (14.91%), Fat: 10.18g (15.66%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.23g (8.81%), Sugar: 3.91g (4.34%), Cholesterol: 83.36mg (27.79%), Sodium: 1392.85mg (60.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.09%), Vitamin A: 5535.93IU (110.72%), Selenium: 41.37µg (59.1%), Vitamin K: 43.52µg (41.45%), Vitamin B3: 7.33mg (36.63%), Manganese: 0.57mg (28.72%), Phosphorus: 237.35mg (23.73%), Vitamin B2: 0.38mg (22.28%), Vitamin B6: 0.42mg (21.2%), Zinc: 2.03mg (13.52%), Vitamin B1: 0.2mg (13.18%), Potassium: 451.05mg (12.89%), Iron: 2.07mg (11.51%), Magnesium: 43.63mg (10.91%), Vitamin B5: 1.08mg (10.83%), Copper: 0.21mg (10.59%), Fiber: 2.36g (9.44%), Folate: 26.81µg (6.7%),

Vitamin C: 5.34mg (6.48%), Calcium: 61.16mg (6.12%), Vitamin B12: 0.36µg (5.93%), Vitamin E: 0.85mg (5.68%)