



WHATSheATE



## Easy Chicken Noodle Soup

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup carrots chopped
- ☐ 5.3 cups chicken broth progresso® (from two 32-oz cartons)
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 1 bay leaves dried
- ☐ 4 oz extra wide egg noodles uncooked
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup spring onion sliced

- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon vegetable oil

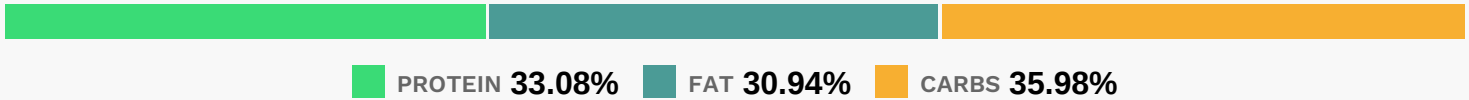
## Equipment

- ☐ 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:19.646087120409%

## 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 Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 295.53kcal (14.78%), Fat: 10.09g (15.52%), Saturated Fat: 2.18g (13.66%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.03g (8.74%), Sugar: 3.72g (4.13%), Cholesterol: 82.48mg (27.49%), Sodium: 1229.38mg (53.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.53%), Vitamin A: 5535.05IU (110.7%), Selenium: 41.19µg (58.84%), Vitamin K: 43.52µg (41.45%), Vitamin B3: 7.23mg (36.15%), Manganese: 0.55mg (27.7%), Phosphorus: 235.59mg (23.56%), Vitamin B6: 0.42mg (21.2%), Vitamin B2: 0.35mg (20.76%), Zinc: 2mg (13.31%), Potassium: 443.12mg (12.66%), Vitamin B1: 0.19mg (12.57%), Iron: 2.04mg (11.34%), Magnesium: 43.19mg (10.8%), Vitamin B5: 1.08mg (10.79%), Copper: 0.21mg (10.26%), Fiber: 2.36g (9.44%), Folate: 26.81µg (6.7%),

Vitamin C: 5.34mg (6.48%), Calcium: 59.4mg (5.94%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.83mg (5.56%)