



Easy Homemade Chicken Noodle Soup

 Dairy Free

READY IN



61 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 teaspoon pepper black
- 4 peppercorns black
- 1 cup carrots sliced (2 medium)
- 1 cup celery chopped (3 celery stalks)
- 3 celery stalks cut in half
- 1.5 pounds chicken breasts bone-in
- 4 cups extra wide egg noodles whole wheat uncooked (such as Ronzoni Healthy Harvest)

- 32 ounce less-sodium chicken broth fat-free
- 1 cup onion chopped (1 medium)
- 1 cup peas green frozen
- 0.5 teaspoon salt
- 5 cups water

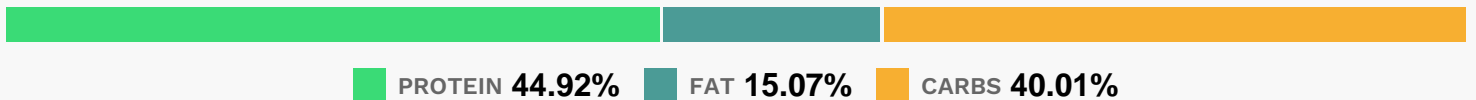
Equipment

- bowl
- frying pan
- sieve
- dutch oven
- cutting board

Directions

- Place first 5 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until chicken is done.
- Transfer chicken to a cutting board, and remove chicken from bones, discarding skin and bones. Coarsely chop chicken.
- Strain cooking liquid through a sieve over a bowl, discarding vegetables and solids. Return liquid to pan.
- Add onion and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 13 minutes. Stir in chopped chicken, noodles, and remaining ingredients. Cover and simmer 10 minutes.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:9.87, Inflammation Score:-10, Nutrition Score:23.722173773724%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 275.34kcal (13.77%), Fat: 4.54g (6.99%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 23.45g (8.53%), Sugar: 4.47g (4.97%), Cholesterol: 93.85mg (31.28%), Sodium: 991.06mg (43.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.91%), Selenium: 60.26µg (86.09%), Vitamin A: 3887.89IU (77.76%), Vitamin B3: 14.01mg (70.07%), Vitamin B6: 1.04mg (52.16%), Phosphorus: 362.31mg (36.23%), Manganese: 0.49mg (24.39%), Vitamin B5: 2.2mg (21.96%), Potassium: 747.41mg (21.35%), Vitamin C: 14.86mg (18.01%), Magnesium: 63.66mg (15.92%), Vitamin B1: 0.22mg (14.75%), Vitamin K: 15.44µg (14.71%), Fiber: 3.68g (14.7%), Vitamin B2: 0.23mg (13.59%), Copper: 0.24mg (12.04%), Folate: 45.13µg (11.28%), Zinc: 1.62mg (10.81%), Vitamin B12: 0.6µg (10.04%), Iron: 1.68mg (9.34%), Calcium: 55.42mg (5.54%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.19µg (1.26%)