

Easy noodle soup

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 ml vegetable stock fine (from a cube is)
- ☐ 1 small piece ginger fresh grated
- ☐ 1 garlic clove grated
- ☐ 2 tsp soya sauce
- ☐ 85 g chicken shredded leftover cooked
- ☐ 1 handful savory vegetable mixed sliced (try beansprouts, sweetcorn, carrot and mangetout)
- ☐ 150 g soup noodles dried cooked (or use 85g 3oz , according to pack instructions)
- ☐ 2 spring onion sliced

☐ 1 juice of lime

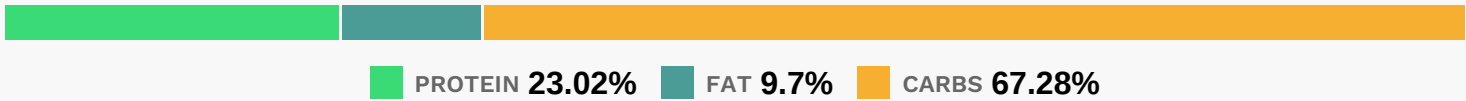
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Put stock, ginger, garlic, soy sauce and sugar in a saucepan, then heat. Simmer for 5 mins. Take off the heat, pour into a microwave-safe bowl, then cool. Throw in chicken and veg, cover, then chill for up to a day.
- ☐ When ready to eat, remove from fridge, then add the cooked noodles. Microwave on High for 2 mins, stir, then cook for 1 min more or until piping hot. Divide between two bowls or mugs, sprinkle with spring onions and add the lime juice.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:24.41, Inflammation Score:-7, Nutrition Score:14.947826261106%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 378.19kcal (18.91%), Fat: 4.03g (6.19%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 59.9g (21.78%), Sugar: 4.82g (5.36%), Cholesterol: 31.88mg (10.63%), Sodium: 1367.99mg (59.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Selenium: 58.23µg (83.19%), Manganese: 0.78mg (39.06%), Vitamin B3: 4.99mg (24.94%), Phosphorus: 241.47mg (24.15%), Vitamin K: 25.03µg (23.84%), Vitamin B6: 0.33mg (16.52%), Magnesium: 56.67mg (14.17%), Vitamin A: 699.02IU (13.98%), Copper: 0.28mg (13.8%), Zinc: 1.82mg (12.13%), Fiber: 2.94g (11.77%), Iron: 1.87mg (10.41%), Potassium: 349.57mg (9.99%), Vitamin C: 7.45mg

(9.03%), Vitamin B5: 0.8mg (8.03%), Vitamin B2: 0.13mg (7.75%), Vitamin B1: 0.11mg (7.48%), Folate: 26.46µg (6.61%), Calcium: 36.19mg (3.62%), Vitamin B12: 0.12µg (2.05%), Vitamin E: 0.19mg (1.28%)