



Harvest Chicken Noodle Soup

 Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery sliced
- 0.5 cup carrots chopped
- 0.3 cup onion chopped
- 1 small zucchini coarsely chopped
- 0.5 teaspoon thyme leaves dried
- 29 oz chicken broth ready-to-serve canned
- 0.5 cup water
- 1.5 cups extra wide egg noodles uncooked

1 cup roasted chicken cubed cooked

Equipment

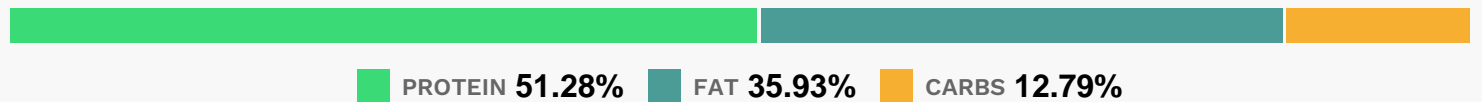
sauce pan

Directions

In large saucepan, combine all ingredients except noodles and chicken; mix well. Bring to a boil.

Stir in noodles and chicken. Reduce heat to low; simmer 15 to 20 minutes or until noodles and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:69.94, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:28.247826410377%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 681.34kcal (34.07%), Fat: 26.36g (40.55%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 18.94g (6.89%), Sugar: 3.14g (3.49%), Cholesterol: 187.98mg (62.66%), Sodium: 1393.76mg (60.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.65g (169.3%), Selenium: 77.11µg (110.16%), Vitamin A: 4250.27IU (85.01%), Phosphorus: 585.35mg (58.54%), Vitamin B3: 11.12mg (55.58%), Zinc: 8.16mg (54.38%), Vitamin B12: 2.93µg (48.85%), Vitamin B6: 0.88mg (43.81%), Iron: 4.82mg (26.76%), Vitamin B2: 0.42mg (24.93%), Potassium: 808.71mg (23.11%), Magnesium: 86.64mg (21.66%), Manganese: 0.31mg (15.54%), Vitamin K: 15.89µg (15.13%), Copper: 0.27mg (13.49%), Vitamin C: 10.34mg (12.54%), Folate: 35.56µg (8.89%), Fiber: 2.16g (8.64%), Vitamin B5: 0.82mg (8.25%), Vitamin E: 1.18mg (7.89%), Calcium: 76.28mg (7.63%), Vitamin B1: 0.1mg (6.86%), Vitamin D: 0.33µg (2.21%)