



Grandma's Chicken Noodle Soup



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cup carrots thick cut into ¼-inch rounds
- ☐ 2 cup celery cut into 3/4-inch pieces
- ☐ 2 quart chicken stock see homemade
- ☐ 0.5 cup parsley fresh chopped
- ☐ 6 servings kosher salt and pepper to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 pound wide egg noodles

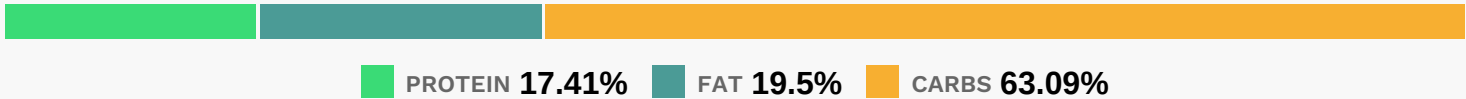
Equipment

- ☐ pot
- ☐ baking pan

Directions

- ☐ Place the chicken breast on a a parchment lined baking pan and rub the skin with olive oil.
- ☐ Sprinkle generously with kosher salt and pepper. Roast for 35 to 40 minutes, until cooked through. When cool enough to handle, remove the meat from the bones, discard the skin, and dice the chicken meat into ½-inch cubes. Bring the chicken stock to a simmer in a large pot and add the carrots. Simmer uncovered for about 20 minutes, until the carrots are soft.
- ☐ Add the celery and egg noodles and cook an additional 10 minutes until the noodles are cooked.
- ☐ Add the cooked chicken meat and parsley and heat through. Season to taste and serve.

Nutrition Facts



Properties

Glycemic Index:25.81, Glycemic Load:24.16, Inflammation Score:-10, Nutrition Score:27.019130406172%

Flavonoids

Apigenin: 11.73mg, Apigenin: 11.73mg, Apigenin: 11.73mg, Apigenin: 11.73mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 448.49kcal (22.42%), Fat: 9.67g (14.88%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 70.42g (23.47%), Net Carbohydrates: 66.03g (24.01%), Sugar: 8.92g (9.91%), Cholesterol: 72.97mg (24.32%), Sodium: 719.98mg (31.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin A: 7756.59IU (155.13%), Selenium: 66.69µg (95.28%), Vitamin K: 99.91µg (95.15%), Manganese: 0.75mg (37.53%), Vitamin B3: 7.16mg (35.82%), Phosphorus: 293.28mg (29.33%), Vitamin B2: 0.38mg (22.65%), Vitamin B6: 0.44mg (22.2%), Potassium: 767.51mg (21.93%), Copper: 0.43mg (21.67%), Vitamin B1: 0.28mg (18.56%), Fiber: 4.39g (17.57%), Magnesium: 67.79mg (16.95%), Folate: 65.52µg (16.38%), Iron: 2.62mg (14.55%), Zinc: 2.09mg (13.96%), Vitamin C: 10.84mg (13.14%), Vitamin B5: 0.91mg (9.09%), Vitamin E: 1.12mg (7.47%), Calcium: 70.51mg (7.05%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.23µg (1.51%)