



Grandma's Slow-Cooker Chicken Noodle Soup

 Dairy Free

READY IN



440 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz tomatoes diced undrained canned
- 0.8 cup carrots chopped
- 1 cup celery stalks sliced
- 1.8 cups chicken broth (from 32-oz carton)
- 1 cup extra wide egg noodles frozen home-style (from 12-oz bag)
- 0.5 cup onion chopped
- 2 cups peas sweet frozen thawed
- 0.8 lb chicken thighs boneless skinless cut into 1-inch pieces

1 teaspoon thyme leaves dried

Equipment

frying pan

slow cooker

Directions

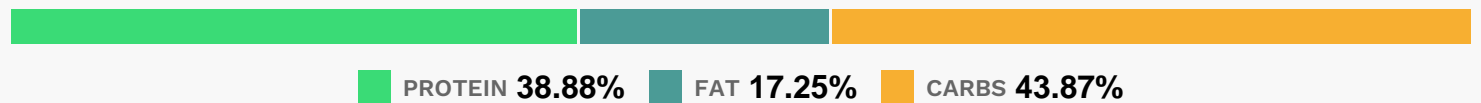
Spray 10-inch skillet with cooking spray; heat over medium heat. Cook chicken in skillet about 5 minutes, stirring frequently, until brown.

In 3 1/2- to 4-quart slow cooker, mix chicken and remaining ingredients except peas and noodles.

Cover; cook on Low heat setting 6 hours 30 minutes to 7 hours.

Stir in peas and noodles. Increase heat setting to High. Cover; cook about 30 minutes or until noodles are tender.

Nutrition Facts



Properties

Glycemic Index:59.79, Glycemic Load:6.95, Inflammation Score:-10, Nutrition Score:25.653043391912%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 241.93kcal (12.1%), Fat: 4.69g (7.21%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 19.85g (7.22%), Sugar: 9.5g (10.56%), Cholesterol: 90.83mg (30.28%), Sodium: 647.31mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Vitamin A: 4850.19IU (97%), Vitamin C: 43.04mg (52.17%), Selenium: 28.75µg (41.07%), Vitamin B3: 7.77mg (38.85%), Vitamin B6: 0.71mg (35.66%), Vitamin K: 34.12µg (32.5%), Manganese: 0.61mg (30.66%), Phosphorus: 304.66mg (30.47%), Fiber: 6.96g (27.84%), Vitamin

B1: 0.38mg (25.6%), Vitamin B2: 0.41mg (24%), Potassium: 794.85mg (22.71%), Folate: 79.18µg (19.79%), Zinc: 2.72mg (18.16%), Iron: 3.25mg (18.04%), Magnesium: 69.79mg (17.45%), Copper: 0.32mg (16%), Vitamin B5: 1.47mg (14.67%), Vitamin B12: 0.59µg (9.87%), Calcium: 89.72mg (8.97%), Vitamin E: 1.25mg (8.35%)