



# Hearty Homemade Chicken Noodle Soup Express

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 medium carrots sliced
- 1 stalk celery sliced
- 21.5 ounce campbell's® condensed chicken broth canned
- 0.5 cup extra wide egg noodles uncooked
- 1 dash ground pepper black generous
- 0.5 pound chicken breast boneless skinless
- 1 cup water

# Equipment

sauce pan

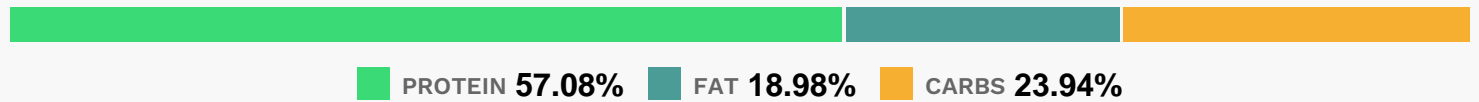
# Directions

Mix broth, water, black pepper, carrot, celery and chicken in saucepan.

Heat to a boil.

Stir in noodles. Cook over medium heat 10 minutes or until noodles are done.

# Nutrition Facts



# Properties

Glycemic Index:38.71, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:10.111739292093%

# Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 99.73kcal (4.99%), Fat: 2.05g (3.16%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.6g (1.78%), Cholesterol: 43.33mg (14.44%), Sodium: 653.58mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin A: 2615.7IU (52.31%), Vitamin B3: 6.53mg (32.65%), Selenium: 22.55µg (32.22%), Vitamin B6: 0.46mg (23.17%), Phosphorus: 144.39mg (14.44%), Vitamin B2: 0.17mg (9.73%), Vitamin B5: 0.93mg (9.32%), Potassium: 323.94mg (9.26%), Manganese: 0.15mg (7.73%), Vitamin B1: 0.09mg (5.9%), Magnesium: 22.58mg (5.65%), Vitamin K: 5.12µg (4.88%), Zinc: 0.58mg (3.88%), Copper: 0.07mg (3.62%), Fiber: 0.75g (3%), Iron: 0.47mg (2.64%), Vitamin B12: 0.16µg (2.63%), Folate: 10.15µg (2.54%), Vitamin C: 1.89mg (2.29%), Calcium: 21.51mg (2.15%), Vitamin E: 0.31mg (2.09%)