



Home Made Chicken Noodle Soup!

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns whole black
- 4 carrots peeled sliced
- 1 cup celery diced
- 16 ounce extra wide egg noodles
- 2 tablespoons parsley fresh chopped to taste
- 1 large onion trimmed peeled
- 4 parsnips peeled sliced
- 6 servings salt to taste

- 6 servings water to cover
- 1 meat from a rotisserie chicken whole

Equipment

- bowl
- ladle
- pot
- kitchen thermometer
- slotted spoon

Directions

- Place chicken and whole onion into the bottom of a large pot.
- Pour enough water over the chicken to cover completely. Put peppercorns in a metal tea ball; add to the pot.
- Bring water to a boil, reduce heat to medium-low, and cook at a simmer until the chicken until no longer pink and is falling off the bone, 40 to 60 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C).
- Remove chicken from the broth with a slotted spoon to a bowl; set aside to cool.
- Remove the onion and give it a squeeze to get as much of the flavor as possible. Discard the onion.
- Stir carrots, parsnips, and celery into the broth; bring to a boil and cook vegetables until tender, 10 to 15 minutes.
- Remove and discard peppercorns.
- While the vegetables boil, bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- Drain. Divide between 6 soup bowls.
- Remove meat from chicken and discard bones.
- Cut meat into bite-size chunks and stir into vegetable mixture with parsley. Season with salt. Ladle soup over noodles to serve.

Nutrition Facts

PROTEIN 21.67% FAT 30.69% CARBS 47.64%

Properties

Glycemic Index:44.31, Glycemic Load:31.74, Inflammation Score:-10, Nutrition Score:35.78347820821%

Flavonoids

Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 674.46kcal (33.72%), Fat: 23g (35.39%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 80.35g (26.78%), Net Carbohydrates: 70.49g (25.63%), Sugar: 9.62g (10.68%), Cholesterol: 158.72mg (52.91%), Sodium: 364.31mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.08%), Vitamin A: 7215.91IU (144.32%), Selenium: 80.03µg (114.33%), Manganese: 1.57mg (78.6%), Vitamin K: 60.53µg (57.65%), Vitamin B3: 11.46mg (57.32%), Phosphorus: 471.12mg (47.11%), Vitamin B6: 0.81mg (40.26%), Fiber: 9.86g (39.43%), Vitamin C: 26.14mg (31.69%), Potassium: 1051.89mg (30.05%), Folate: 119.62µg (29.91%), Magnesium: 114.33mg (28.58%), Vitamin B5: 2.68mg (26.77%), Zinc: 3.94mg (26.3%), Copper: 0.51mg (25.28%), Vitamin B1: 0.34mg (22.83%), Iron: 3.64mg (20.24%), Vitamin B2: 0.32mg (18.61%), Vitamin E: 2.55mg (16.98%), Calcium: 119.97mg (12%), Vitamin B12: 0.61µg (10.21%), Vitamin D: 0.48µg (3.2%)