



Homemade Chicken Noodle Soup



Dairy Free



Popular

READY IN



165 min.

SERVINGS



10

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bay leaf
- ☐ 1 large carrots
- ☐ 2 carrots
- ☐ 1 rib celery
- ☐ 2 stalks celery
- ☐ 1 tablespoon chicken stock cube
- ☐ 10 servings extra wide egg noodles cooked
- ☐ 2 tablespoons parsley dried

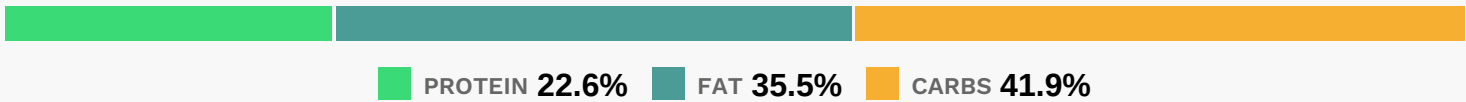
- ☐ 1 handful of corn frozen
- ☐ 3 garlic cloves
- ☐ 2 tablespoons ginger fresh diced
- ☐ 2 large pinches kosher salt
- ☐ 10 servings optional veggies: mushrooms diced sliced chopped
- ☐ 0.5 large onion
- ☐ 1 medium onion
- ☐ 1 parsnips
- ☐ 1 handful of peas frozen
- ☐ 10 servings pepper freshly ground
- ☐ 8 cups veggie broth homemade
- ☐ 1 teaspoon thyme thyme dried
- ☐ 10 servings water just for richer flavor to cover (or use stock)
- ☐ 3 pound meat from a rotisserie chicken whole

Equipment

Directions

- ☐ Recipe: Mary's Basic Homemade Chicken Noodle Soup
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Cook time: 2 hours 30 min |

Nutrition Facts



Properties

Glycemic Index:51.2, Glycemic Load:13.49, Inflammation Score:-10, Nutrition Score:15.109564998875%

Flavonoids

Apigenin: 18.25mg, Apigenin: 18.25mg, Apigenin: 18.25mg, Apigenin: 18.25mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 301.17kcal (15.06%), Fat: 11.84g (18.22%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 28.45g (10.35%), Sugar: 4.67g (5.19%), Cholesterol: 73.7mg (24.57%), Sodium: 1035.13mg (45.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.93%), Vitamin A: 3801.02IU (76.02%), Selenium: 30.58µg (43.69%), Vitamin B3: 5.24mg (26.22%), Manganese: 0.51mg (25.39%), Phosphorus: 191.57mg (19.16%), Vitamin B6: 0.36mg (17.83%), Vitamin K: 16.83µg (16.03%), Fiber: 3g (12.02%), Magnesium: 46.11mg (11.53%), Zinc: 1.66mg (11.1%), Vitamin B5: 1.04mg (10.39%), Copper: 0.2mg (10.23%), Potassium: 351.65mg (10.05%), Vitamin C: 7.42mg (9%), Iron: 1.57mg (8.69%), Vitamin B2: 0.14mg (8.35%), Folate: 32.02µg (8%), Vitamin B1: 0.11mg (7.13%), Calcium: 53.83mg (5.38%), Vitamin E: 0.78mg (5.18%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.22µg (1.45%)