



## How to Make Homemade Chicken Noodle Soup

READY IN



40 min.

SERVINGS



8

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 chicken breast halves boneless cubed cooked
- ☐ 1 tablespoon butter
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 2 quarts roasted chicken broth [for recipe link \(see footnote \)](#)
- ☐ 2 tablespoons cooking fat melted
- ☐ 0.3 teaspoon thyme leaves fresh
- ☐ 1 pinch salt and ground pepper black to taste

- ☐ 0.5 cup onion    diced
- ☐ 1 pinch salt
- ☐ 4 ounces wide egg noodles    uncooked

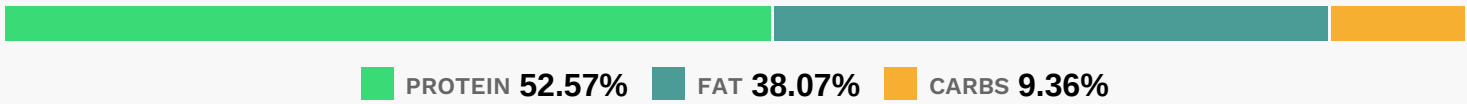
## Equipment

- ☐ pot

## Directions

- ☐ Melt butter in a large soup pot over medium heat. Stir in carrot, onion, celery, salt, and fresh thyme. Stir in chicken fat; cook and stir until the onions turn soft and translucent, 5 to 6 minutes.
- ☐ Stir in roasted chicken broth and bring to a boil.
- ☐ Season to taste with salt, if necessary; stir in egg noodles and cook until tender, about 5 minutes.
- ☐ Stir in cooked chicken breast meat and simmer until heated through, about 5 minutes. Season with cayenne pepper, salt and black pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:34.6, Glycemic Load:4.73, Inflammation Score:-8, Nutrition Score:24.046521746594%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 531.34kcal (26.57%), Fat: 21.7g (33.39%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.04g (4.01%), Sugar: 1.16g (1.28%), Cholesterol: 213.91mg (71.3%), Sodium: 240.26mg (10.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.42g (134.85%), Selenium: 78.52µg (112.17%), Vitamin B3:

22mg (110.01%), Vitamin B6: 1.24mg (62.01%), Phosphorus: 555.46mg (55.55%), Vitamin A: 1526.06IU (30.52%), Vitamin B5: 2.88mg (28.83%), Zinc: 4.08mg (27.2%), Vitamin B2: 0.4mg (23.57%), Potassium: 738.48mg (21.1%), Iron: 3.31mg (18.37%), Magnesium: 68.06mg (17.02%), Vitamin B1: 0.2mg (13.35%), Vitamin B12: 0.79µg (13.11%), Manganese: 0.2mg (9.96%), Copper: 0.19mg (9.74%), Folate: 22.85µg (5.71%), Calcium: 42.96mg (4.3%), Fiber: 0.97g (3.9%), Vitamin K: 3.22µg (3.06%), Vitamin C: 1.85mg (2.24%), Vitamin E: 0.31mg (2.03%), Vitamin D: 0.22µg (1.5%)