



Italian Chicken Noodle Soup

READY IN



35 min.

SERVINGS



6

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.5 lb chicken breast boneless skinless cut into 1/2-inch pieces
- 0.5 cup onion chopped
- 32 oz chicken broth (4 cups)
- 2 cups water
- 1.5 cups carrots sliced
- 2 cups broccoli florets
- 1.5 cups extra wide egg noodles uncooked
- 1 teaspoon basil dried

0.5 teaspoon highest available proof grain spirit

0.3 cup parmesan shredded

Equipment

sauce pan

Directions

In 4-quart saucepan, heat oil over medium heat.

Add chicken. Cook 4 to 6 minutes, stirring occasionally, until no longer pink in center. Stir in onion. Cook 2 to 3 minutes, stirring occasionally, until onion is tender.

Stir in broth, water and carrots.

Heat to boiling. Cook 5 minutes over medium heat. Stir in broccoli, noodles, basil and garlic-pepper blend.

Heat to boiling; reduce heat. Simmer uncovered 8 to 10 minutes, stirring occasionally, until vegetables and noodles are tender.

Top each serving with cheese.

Nutrition Facts



PROTEIN 33.59% **FAT 30.14%** **CARBS 36.27%**

Properties

Glycemic Index:38.81, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:17.013043364753%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 155.64kcal (7.78%), Fat: 5.27g (8.12%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 11.97g (4.35%), Sugar: 3.47g (3.86%), Cholesterol: 38.03mg (12.68%), Sodium: 710.26mg (30.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.45%), Vitamin A: 5589.28IU (111.79%), Vitamin K: 42.44µg (40.42%), Vitamin C: 30.39mg (36.83%), Selenium: 22µg (31.43%), Vitamin B3: 5.04mg (25.22%), Vitamin

B6: 0.42mg (21.23%), Phosphorus: 174.56mg (17.46%), Manganese: 0.31mg (15.29%), Vitamin B2: 0.21mg (12.36%), Potassium: 417.94mg (11.94%), Calcium: 94.67mg (9.47%), Vitamin B5: 0.94mg (9.41%), Fiber: 2.31g (9.25%), Folate: 33.19µg (8.3%), Magnesium: 32.93mg (8.23%), Vitamin B1: 0.12mg (8.21%), Zinc: 0.89mg (5.93%), Copper: 0.12mg (5.76%), Vitamin E: 0.83mg (5.56%), Iron: 0.96mg (5.36%), Vitamin B12: 0.18µg (3.06%)