



Italian Chicken Noodle Soup

READY IN



35 min.

SERVINGS



6

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 1 tablespoon vegetable oil
- 2 cups water

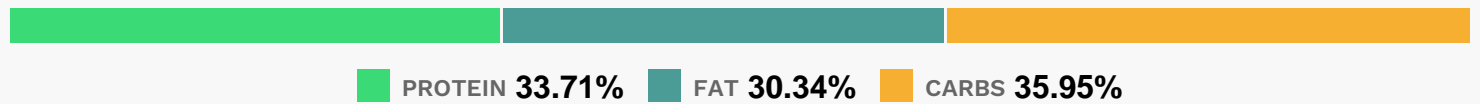
Equipment

- 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



Properties

Glycemic Index:34.47, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:16.977825955204%

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: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 154.54kcal (7.73%), Fat: 5.27g (8.11%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 11.76g (4.28%), Sugar: 3.47g (3.85%), Cholesterol: 38.03mg (12.68%), Sodium: 710.27mg (30.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.36%), Vitamin A: 5589.22IU (111.78%), Vitamin K: 42.44µg (40.42%), Vitamin C: 30.46mg (36.93%), Selenium: 22.02µg (31.46%), Vitamin B3: 5.02mg (25.09%),

Vitamin B6: 0.43mg (21.3%), Phosphorus: 173.16mg (17.32%), Manganese: 0.3mg (15.22%), Vitamin B2: 0.21mg (12.31%), Potassium: 417.19mg (11.92%), Calcium: 95.03mg (9.5%), Vitamin B5: 0.94mg (9.38%), Fiber: 2.29g (9.17%), Vitamin B1: 0.12mg (8.21%), Folate: 32.81µg (8.2%), Magnesium: 32.26mg (8.07%), Zinc: 0.87mg (5.79%), Copper: 0.11mg (5.69%), Vitamin E: 0.83mg (5.54%), Iron: 0.96mg (5.33%), Vitamin B12: 0.18µg (3.06%)