



Magic's Green and White Chicken Soup

READY IN



180 min.

SERVINGS



10

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon curry powder
- ☐ 4 egg yolks
- ☐ 4 eggs
- ☐ 2.3 cups flour all-purpose sifted
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 2 medium heads garlic chopped

- ☐ 2 bunches green onions chopped
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 bunch kale
- ☐ 1 teaspoon salt
- ☐ 10 servings salt and cracked pepper black to taste
- ☐ 1 bunch pkt spinach fresh
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

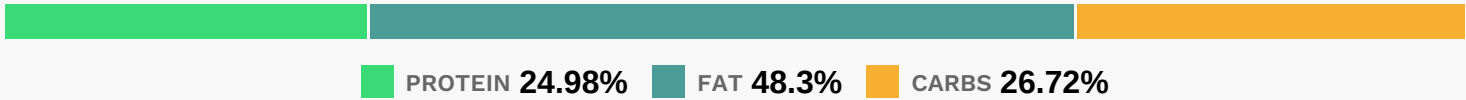
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place chicken and garlic in a large pot and with water to cover. Bring to a boil, then reduce heat and simmer, covered, until meat is very tender, 30 minutes to 1 hour.
- ☐ Remove chicken from pot and let rest until cool enough to handle.
- ☐ Remove skin and bone and tear or chop meat into bite-size pieces.
- ☐ In a large bowl, beat together butter, flour and salt to form a mealy mixture. Beat in eggs and egg yolks to form a stiff dough. Divide dough into thirds and roll each third out onto a floured surface to 1/8 inch (3 mm) thickness.
- ☐ Let rolled pieces of dough rest on racks for 20 minutes.
- ☐ While dough is resting, stir chicken meat, cilantro, parsley, kale, spinach and green onions into broth. Season with Italian seasoning, curry powder and balsamic vinegar. Simmer over low heat, adding more water if necessary.
- ☐ Slice the noodle dough into 1/2-inch (1.2 cm) widths. Bring the soup to a light boil and drop noodles into the soup a few at a time. Cook until noodles are tender, 5 minutes. Season soup with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:16.27, Inflammation Score:-10, Nutrition Score:28.184782629428%

Flavonoids

Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg Kaempferol: 8.4mg, Kaempferol: 8.4mg, Kaempferol: 8.4mg, Kaempferol: 8.4mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 392.02kcal (19.6%), Fat: 20.87g (32.11%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 23.19g (8.43%), Sugar: 1.35g (1.51%), Cholesterol: 217.58mg (72.53%), Sodium: 582.97mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.57%), Vitamin K: 326.31µg (310.78%), Vitamin A: 5509.07IU (110.18%), Selenium: 32.21µg (46.01%), Folate: 163.97µg (40.99%), Vitamin B3: 8.15mg (40.77%), Vitamin C: 31.93mg (38.7%), Manganese: 0.69mg (34.48%), Vitamin B2: 0.49mg (28.7%), Phosphorus: 255.66mg (25.57%), Iron: 4.57mg (25.36%), Vitamin B6: 0.48mg (24.08%), Vitamin B1: 0.34mg (23%), Magnesium: 64.84mg (16.21%), Potassium: 533.62mg (15.25%), Vitamin B5: 1.48mg (14.76%), Zinc: 2.09mg (13.96%), Calcium: 125.26mg (12.53%), Vitamin E: 1.83mg (12.23%), Fiber: 2.79g (11.17%), Vitamin B12: 0.57µg (9.57%), Copper: 0.18mg (8.81%), Vitamin D: 0.92µg (6.1%)