



Mom Moak's Chicken Noodle Soup

READY IN



55 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baking potatoes diced peeled
- ☐ 2 carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 42 ounce chicken broth canned
- ☐ 0.3 pinch thyme leaves dried
- ☐ 2 cups extra wide egg noodles
- ☐ 1 cup evaporated milk
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon poultry seasoning

- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 tablespoon vegetable oil

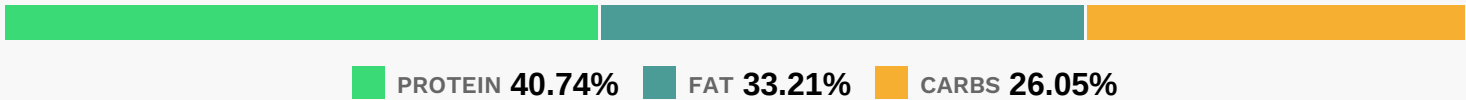
Equipment

- ☐ pot

Directions

- ☐ Heat the vegetable oil in a stock pot over medium heat. Cook and stir the onion, celery, and carrots in the hot oil until tender, 8 to 10 minutes.
- ☐ Add the chicken broth, baking potatoes, thyme, and poultry seasoning to the vegetable mixture; bring to a simmer and continue cooking until the potatoes are cooked through, about 15 minutes. Stir the cooked chicken, egg noodles, and evaporated milk into the soup; cook until the noodles are cooked through, another 7 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:25.05, Inflammation Score:-10, Nutrition Score:29.826956515727%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 700.43kcal (35.02%), Fat: 25.38g (39.05%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 41.44g (15.07%), Sugar: 7.26g (8.06%), Cholesterol: 157.04mg (52.35%), Sodium: 1071.25mg (46.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.06g (140.12%), Selenium: 59.68µg (85.26%), Vitamin A: 3939.67IU (78.79%), Phosphorus: 602.9mg (60.29%), Vitamin B6: 1.17mg (58.39%), Vitamin B3: 10.52mg (52.62%), Zinc: 6.75mg (45%), Vitamin B12: 2.22µg (37.06%), Potassium: 1287.93mg (36.8%), Vitamin B2: 0.48mg (28.39%), Iron: 4.85mg (26.96%), Magnesium: 103.54mg (25.88%), Manganese: 0.41mg (20.73%), Calcium: 183.14mg (18.31%), Vitamin K: 19.08µg (18.17%), Copper: 0.34mg (16.91%), Vitamin C: 11.88mg (14.39%), Vitamin B1: 0.21mg (14.1%), Vitamin B5: 1.38mg (13.75%), Fiber: 3.37g (13.48%), Folate: 45.5µg (11.38%), Vitamin E:

1.12mg (7.5%), Vitamin D: 0.28µg (1.86%)