



HEALTH SCORE

71%

Noodle Bowls



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 head bok choy shredded trimmed
- ☐ 2 cups carrots shredded
- ☐ 3 quarts chicken broth canned
- ☐ 1.5 pounds chicken tenderloins for stir-fry cut into bite size chunks or, chicken breast cut
- ☐ 4 servings cilantro and/or chives fresh chopped for garnish, optional
- ☐ 1.5 pounds linguini fresh
- ☐ 0.5 pound pea pods cut in half on an angle (snow peas)
- ☐ 8 scallions cut into bite size pieces on an angle

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10 ounce mushroom caps coarsely chopped

Equipment

☐

bowl

☐

ladle

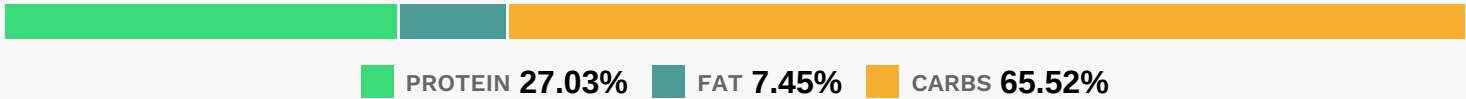
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pot

Directions

- ☐
- Heat 3 quarts of vegetable stock or chicken broth to a boil in a soup pot. In a separate pot, cook linguini according to package directions and drain.
- ☐
- Add chicken to boiling broth. Poach chicken 5 minutes in broth. Ladle soup into 4 deep bowls, equally distributing broth and chicken. Divide veggies into 4 equal amounts and place in the bowls. Divide cooked fresh pasta into 4 equal amounts and place into the bowls. Cover bowls and allow to steep for 3 to 4 minutes. Gently incorporate noodles up from the bottom of each bowl and serve. SLURP away! It is customary to slurp as you eat, using oversized spoons to drag the noodles up to your mouth. You might need a bib, but you will have fun! Noodle bowls may be garnished with cilantro and or chives for an extra herby zing.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:58.52, Inflammation Score:-10, Nutrition Score:53.696956323541%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 956.24kcal (47.81%), Fat: 7.85g (12.08%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 155.41g (51.8%), Net Carbohydrates: 143.23g (52.09%), Sugar: 19.38g (21.53%), Cholesterol: 108.86mg (36.29%), Sodium: 3171.5mg (137.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.11g (128.22%), Vitamin A: 17845.2IU (356.9%),

Selenium: 167.11µg (238.73%), Vitamin B3: 25.01mg (125.04%), Vitamin K: 122.72µg (116.87%), Vitamin C: 92.18mg (111.73%), Manganese: 2.19mg (109.36%), Vitamin B6: 2.12mg (106.1%), Phosphorus: 858.83mg (85.88%), Potassium: 1876.13mg (53.6%), Vitamin B5: 4.93mg (49.34%), Magnesium: 195.01mg (48.75%), Fiber: 12.18g (48.72%), Folate: 168.32µg (42.08%), Copper: 0.76mg (37.76%), Vitamin B2: 0.6mg (35.43%), Iron: 5.71mg (31.74%), Zinc: 4.72mg (31.47%), Vitamin B1: 0.46mg (30.39%), Calcium: 219.59mg (21.96%), Vitamin E: 1.38mg (9.22%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.45µg (3.02%)