



Old-Fashioned Chicken and Noodles

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 carrots shredded
- 4 stalks celery diced
- 8 servings celery tops
- 96 fluid ounce chicken broth
- 2 eggs beaten
- 3 cups flour all-purpose
- 8 servings ground pepper black to taste
- 1 onion unpeeled halved

- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup warm water
- 2 pound meat from a rotisserie chicken whole cut into pieces

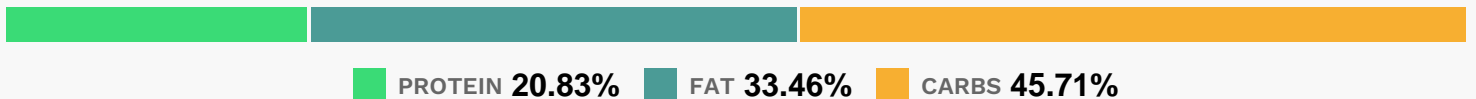
Equipment

- bowl
- pot
- kitchen scissors

Directions

- In a large pot over medium heat, combine chicken, celery and their tops, carrot, onion and its peel, and pepper.
- Pour broth over and bring to a boil. Cover, reduce heat and simmer until chicken is tender and falls from the bone, about 45 minutes.
- While chicken is cooking, make noodles. In a large bowl, combine eggs, water, oil, salt and enough of the flour to make a stiff dough.
- Strain chicken stock, reserving meat, celery and carrots. Pull meat from bones and return strained stock and meat, celery and carrots to pot. Bring to a boil. Make noodles by cutting dough from a broth-dipped spoon or using scissors or your fingers to make small, chickpea sized, noodles and dropping them in the boiling water. When the noodles rise to the surface they are done.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:26.99, Inflammation Score:-9, Nutrition Score:20.623478391896%

Flavonoids

Apigenin: 3.71mg, Apigenin: 3.71mg, Apigenin: 3.71mg, Apigenin: 3.71mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin:

0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 381.81kcal (19.09%), Fat: 14.1g (21.7%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 39.53g (14.38%), Sugar: 4.38g (4.87%), Cholesterol: 88.84mg (29.61%), Sodium: 1773.11mg (77.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.51%), Vitamin K: 46.56µg (44.34%), Selenium: 29.13µg (41.61%), Vitamin A: 2001.05IU (40.02%), Vitamin B3: 7.76mg (38.81%), Vitamin B2: 0.64mg (37.58%), Folate: 145.1µg (36.27%), Vitamin B1: 0.52mg (34.55%), Manganese: 0.67mg (33.62%), Phosphorus: 204.63mg (20.46%), Iron: 3.43mg (19.06%), Vitamin B6: 0.35mg (17.67%), Potassium: 615.95mg (17.6%), Fiber: 3.82g (15.27%), Vitamin B5: 1.26mg (12.6%), Zinc: 1.65mg (10.98%), Magnesium: 43.13mg (10.78%), Copper: 0.22mg (10.77%), Calcium: 92.56mg (9.26%), Vitamin C: 6.37mg (7.72%), Vitamin E: 1.13mg (7.55%), Vitamin B12: 0.34µg (5.63%), Vitamin D: 0.33µg (2.19%)