



Old-Fashioned Chicken Noodle Soup

 Dairy Free

READY IN



61 min.

SERVINGS



4

CALORIES



381 kcal

SOUP

Ingredients

- 0.5 teaspoon pepper black
- 2 cups carrots diagonally sliced
- 2 cups celery diagonally sliced
- 12 ounce chicken breast bone-in skinless
- 6 ounces extra wide egg noodles uncooked
- 0.5 teaspoon kosher salt
- 8 cups lower sodium beef broth fat-free
- 1 cup onion chopped

8 ounce skinless bone-in chicken thighs bone-in skinless

Equipment

frying pan

dutch oven

Directions

Combine the first 3 ingredients in a Dutch oven over medium-high heat; bring to a boil. Reduce heat; simmer 20 minutes.

Remove chicken from pan; let stand for 10 minutes.

Remove chicken from bones; shred meat into bite-sized pieces. Discard bones.

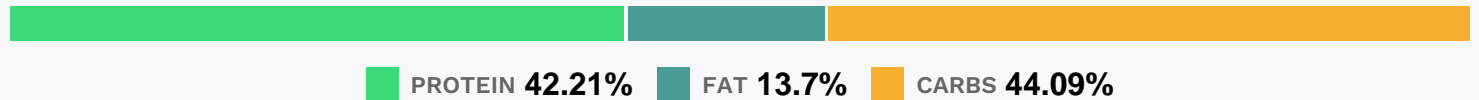
Add carrot, celery, and onion to pan; cover and simmer for 10 minutes.

Add noodles, and simmer 6 minutes.

Add chicken, salt, and black pepper; cook for 2 minutes or until noodles are done.

Garnish with celery leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:45.46, Glycemic Load:15.83, Inflammation Score:0, Nutrition Score:27.6599999904425%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 380.67kcal (19.03%), Fat: 5.78g (8.89%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 37.09g (13.49%), Sugar: 6.21g (6.9%), Cholesterol: 122.47mg (40.82%), Sodium: 1394.74mg (60.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.11%), Vitamin A: 10980.8IU (219.62%), Selenium: 68.89µg (98.42%), Vitamin B3: 12.5mg (62.52%), Potassium: 1859.67mg (53.13%), Vitamin B6: 1.05mg

(52.73%), Phosphorus: 391.22mg (39.12%), Manganese: 0.61mg (30.48%), Vitamin K: 25.18µg (23.98%), Vitamin B5: 2.36mg (23.6%), Fiber: 4.75g (18.99%), Magnesium: 72.27mg (18.07%), Vitamin B2: 0.26mg (15.33%), Vitamin B1: 0.23mg (15.26%), Zinc: 2.12mg (14.12%), Folate: 55.08µg (13.77%), Copper: 0.23mg (11.7%), Vitamin C: 9.32mg (11.3%), Iron: 1.8mg (9.99%), Vitamin B12: 0.51µg (8.52%), Calcium: 74.01mg (7.4%), Vitamin E: 0.95mg (6.33%), Vitamin D: 0.21µg (1.42%)