



## Oodles of Noodles Chicken Soup

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 2 carrots cut into matchsticks
- 2 carrots roughly chopped
- 8 ounces egg tagliatelle
- 1 head endive chopped
- 2 tablespoons evoo
- 1 handful flat-leaf parsley leaves fresh
- 2 sprigs rosemary fresh

- 4 large cloves garlic crushed
- 2 leeks sliced
- 1 optional: lemon sliced
- 4 servings nutmeg freshly grated
- 1 onion quartered
- 9 servings peppercorns black
- 4 servings salt and pepper freshly ground
- 3 sprigs thyme leaves fresh
- 2 skin-on bone-in (1 full breast)

## Equipment

- bowl
- ladle
- pot

## Directions

- Place the chicken in a pot and add the garlic, bay leaves, carrots, parsley, rosemary, thyme, peppercorns, lemon and onion. Cover with 12 cups water and bring to a boil. Reduce the heat and simmer at a low rolling boil for 40 minutes.
- Remove the chicken and let cool. Strain the stock, then return it to the pot and simmer until reduced to about 8 cups. Discard the skin and bones of the chicken and shred or dice the meat.
- Heat the EVOO in a soup pot over medium-high heat.
- Add the carrots and cook for a few minutes, then add the leeks and cook until softened, a few more minutes.
- Add the escarole and cook until wilted. Season with salt, pepper and a little nutmeg.
- Add the chicken and stock, and heat through.
- Bring a large pot of water to a boil for the pasta, and season with salt.
- Add the pasta and cook until al dente.

Divide the pasta among 4 bowls, nesting a bundle of noodles in each dish. Ladle the soup over the pasta and serve.

## Nutrition Facts



**PROTEIN 27.85%** **FAT 41.71%** **CARBS 30.44%**

### Properties

Glycemic Index:108.04, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:34.813912909964%

### Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.91mg, Kaempferol: 12.91mg, Kaempferol: 12.91mg, Kaempferol: 12.91mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

### Nutrients (% of daily need)

Calories: 319.44kcal (15.97%), Fat: 15.31g (23.56%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 16.71g (6.08%), Sugar: 7.58g (8.42%), Cholesterol: 247.08mg (82.36%), Sodium: 419.29mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23g (46%), Vitamin K: 313.58µg (298.65%), Vitamin A: 13839.01IU (276.78%), Manganese: 1.26mg (62.82%), Folate: 240.92µg (60.23%), Selenium: 37.03µg (52.91%), Vitamin C: 36.84mg (44.65%), Vitamin B6: 0.84mg (41.8%), Vitamin B3: 7.32mg (36.61%), Fiber: 8.43g (33.71%), Phosphorus: 325.5mg (32.55%), Vitamin B5: 3.06mg (30.58%), Potassium: 1053mg (30.09%), Vitamin B2: 0.47mg (27.93%), Iron: 4.06mg (22.56%), Vitamin E: 3.1mg (20.65%), Magnesium: 73.13mg (18.28%), Calcium: 177.07mg (17.71%), Vitamin B1: 0.26mg (17.06%), Copper: 0.33mg (16.73%), Zinc: 2.34mg (15.62%), Vitamin B12: 0.62µg (10.29%), Vitamin D: 1.19µg (7.94%)