



Quick and Easy Chicken Noodle Soup

READY IN



30 min.

SERVINGS



6

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 cup carrots sliced
- 0.5 cup celery chopped
- 58 ounce chicken broth canned
- 0.5 pound chicken breast cooked chopped
- 0.5 teaspoon basil dried
- 1.5 cups extra wide egg noodles
- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried

- 6 servings salt and pepper to taste
- 14.5 ounce vegetable broth canned

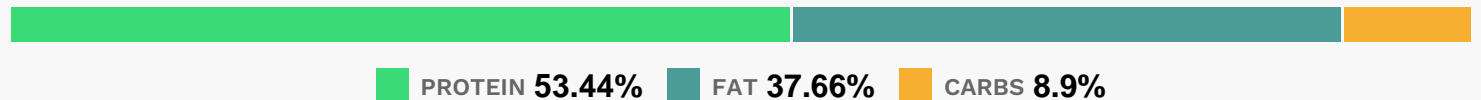
Equipment

- pot

Directions

- In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes.
- Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:25.822608657505%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 641.88kcal (32.09%), Fat: 25.95g (39.92%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.43g (4.52%), Sugar: 2.46g (2.73%), Cholesterol: 182.15mg (60.72%), Sodium: 1855.8mg (80.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.86g (165.72%), Selenium: 68.5µg (97.85%), Vitamin A: 4308.59IU (86.17%), Vitamin B3: 12.22mg (61.12%), Phosphorus: 542.76mg (54.28%), Zinc: 7.51mg (50.06%), Vitamin B12: 2.9µg (48.34%), Vitamin B6: 0.82mg (41.13%), Iron: 4.38mg (24.35%), Vitamin B2: 0.35mg (20.54%), Potassium: 653.74mg (18.68%), Magnesium: 74.45mg (18.61%), Vitamin K: 14.43µg (13.74%), Copper: 0.2mg (10.22%), Vitamin E: 1.27mg (8.49%), Manganese: 0.16mg (8.05%), Calcium: 66.04mg (6.6%), Vitamin B5: 0.55mg (5.52%), Fiber: 1.37g (5.5%), Folate: 20.09µg (5.02%), Vitamin B1: 0.07mg (4.34%), Vitamin C: 2.51mg (3.04%), Vitamin D: 0.34µg (2.27%)