



## Quick Chick and Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 medium carrots peeled chopped
- 2 ribs celery chopped
- 1 pound chicken breast tenders diced (the average weight of 1 package)
- 6 cups chicken stock see
- 1 handful optional: dill fresh chopped
- 2 bay leaves fresh
- 2 tablespoons olive oil extra-virgin (2 turns around the pan)
- 1 medium onion chopped

- 1 handful parsley fresh chopped
- 1 parsnips peeled chopped
- 4 servings salt and pepper
- 0.5 pound wide egg noodles

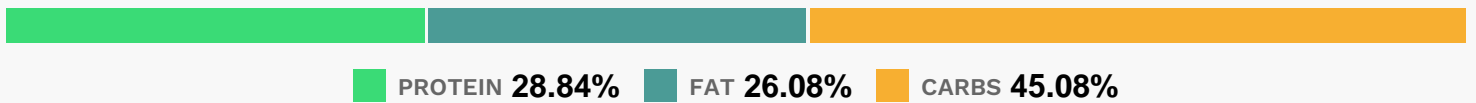
## Equipment

- pot
- stove

## Directions

- Place a large pot over moderate heat and add extra-virgin olive oil. Work close to the stove and add vegetables to the pot as you chop, in the order they are listed.
- Add bay leaves and season vegetables with salt and pepper, to taste.
- Add stock to the pot and raise flame to bring liquid to a boil.
- Add diced chicken tenderloins, return soup to a boil, and reduce heat back to moderate. Cook chicken 2 minutes and add noodles. Cook soup an additional 6 minutes or until noodles are tender and remove soup from the heat.
- Stir in parsley and dill, remove bay leaves and serve. This is a thick soup.
- Add up to 2 cups of water if you like chicken soup with lots of broth.

## Nutrition Facts



## Properties

Glycemic Index:62.21, Glycemic Load:21.23, Inflammation Score:-10, Nutrition Score:34.216521703679%

## Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

## Nutrients (% of daily need)

Calories: 594.47kcal (29.72%), Fat: 17.04g (26.22%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 66.29g (22.1%), Net Carbohydrates: 60.83g (22.12%), Sugar: 11.5g (12.78%), Cholesterol: 131mg (43.67%), Sodium: 894.92mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.41g (84.81%), Selenium: 89.83µg (128.34%), Vitamin A: 5372.28IU (107.45%), Vitamin B3: 19.39mg (96.96%), Vitamin B6: 1.32mg (65.92%), Phosphorus: 523.74mg (52.37%), Manganese: 0.83mg (41.39%), Vitamin K: 40.56µg (38.63%), Potassium: 1278.74mg (36.54%), Vitamin B2: 0.53mg (31.07%), Vitamin B5: 2.54mg (25.37%), Vitamin B1: 0.37mg (24.52%), Magnesium: 97.32mg (24.33%), Copper: 0.47mg (23.68%), Fiber: 5.46g (21.85%), Folate: 85.15µg (21.29%), Vitamin C: 14.69mg (17.8%), Zinc: 2.64mg (17.6%), Vitamin E: 2.39mg (15.91%), Iron: 2.81mg (15.62%), Calcium: 77.16mg (7.72%), Vitamin B12: 0.39µg (6.52%), Vitamin D: 0.28µg (1.89%)