



Quick Chicken Noodle Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 medium carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 2.5 cups rotisserie chicken breast shredded boneless skinless
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 6 ounces fusilli gluten-free (short twisted spaghetti)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups water
- ☐ 32 ounce carton fat-free

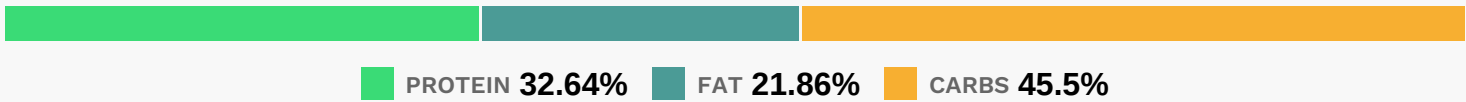
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Combine 2 cups water and chicken broth in a microwave-safe dish, and microwave at HIGH 5 minutes.
- ☐ While broth mixture heats, heat a large saucepan over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, celery, carrot, salt, and pepper; saut 3 minutes or until almost tender.
- ☐ Add hot broth mixture and pasta; bring to a boil. Cook 7 minutes or until pasta is almost al dente. Stir in chicken; cook 1 minute or until thoroughly heated. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:28.31, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:10.932173953108%

Flavonoids

Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 210.33kcal (10.52%), Fat: 5.11g (7.86%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 22.7g (8.25%), Sugar: 1.82g (2.03%), Cholesterol: 43.02mg (14.34%), Sodium: 861.88mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Vitamin A: 1871.51IU (37.43%), Vitamin B3: 7.01mg (35.06%), Selenium: 20.73µg (29.61%), Vitamin K: 27.53µg (26.22%), Vitamin B6: 0.51mg (25.3%), Phosphorus: 147.78mg (14.78%), Vitamin B2: 0.17mg (9.86%), Vitamin B5: 0.98mg (9.77%), Potassium: 342.01mg (9.77%), Manganese: 0.14mg (7.16%), Vitamin B1: 0.09mg (5.85%), Magnesium: 22.99mg (5.75%), Vitamin C: 4.37mg (5.3%), Fiber: 1.25g (4.99%), Iron: 0.88mg (4.91%), Vitamin E: 0.62mg (4.13%), Zinc: 0.55mg (3.67%), Copper: 0.07mg (3.46%), Folate: 12.05µg (3.01%), Vitamin B12: 0.16µg (2.59%), Calcium: 24.05mg (2.4%)