



Quickest Chicken Noodle Soup

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cabbage for coleslaw (like)
- ☐ 1 carrots shredded
- ☐ 2 cloves garlic minced crushed
- ☐ 2 tablespoons sesame oil (I like to use sesame oil)
- ☐ 4 packages japanese ramen noodles
- ☐ 2 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 6 servings soya sauce to taste
- ☐ 8 cups water

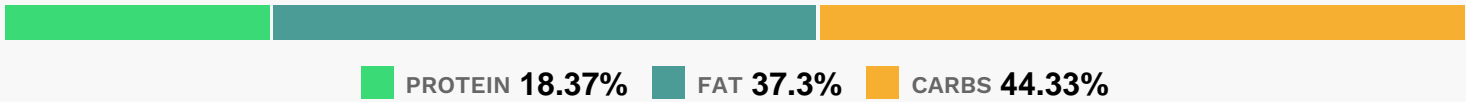
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring water to a boil in a soup pot. While water comes to a boil, heat oil in a large skillet over medium-high heat until hot. Saut chicken until browned on all sides and cooked through.
- ☐ Once water comes to a boil, add sauted chicken, carrot, cabbage, garlic, and ginger to pot. Cook 2 minutes, then add ramen noodles along with only 2 of the flavor packets that come with the noodles. Cook 3 minutes and not a second longer ramen is best when not cooked to death. Taste, then add a slosh of soy sauce if you like. (I like.) Note: My kids love the taste of ramen noodles, and I love how quickly they cook. Several of the recipes in this book show you how to jazz up a simple package of ramen to add more nutrition and better flavor. One hint: Never use all the seasoning packets if you're using multiple packages of ramen. You'll probably find that you can get good flavor using half as many of the packets as you have packages of ramen. But don't throw away the unused packets; I set them aside and use them to make broth for other recipes.

Nutrition Facts



Properties

Glycemic Index:30.47, Glycemic Load:16.99, Inflammation Score:-8, Nutrition Score:14.448261032934%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 350.64kcal (17.53%), Fat: 14.56g (22.4%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 36.88g (13.41%), Sugar: 2.06g (2.29%), Cholesterol: 24.11mg (8.04%), Sodium: 2227.96mg (96.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.27%), Vitamin B1: 0.63mg (42.24%), Vitamin B3: 7.09mg (35.44%), Vitamin A: 1728.07IU (34.56%), Selenium: 18.05µg (25.79%), Manganese: 0.43mg (21.52%),

Vitamin B6: 0.41mg (20.42%), Folate: 75.76µg (18.94%), Phosphorus: 178.05mg (17.81%), Iron: 2.94mg (16.35%),
Vitamin K: 14.17µg (13.49%), Vitamin B2: 0.22mg (13.14%), Copper: 0.19mg (9.67%), Potassium: 335.34mg (9.58%),
Magnesium: 36.05mg (9.01%), Vitamin B5: 0.82mg (8.19%), Fiber: 2.04g (8.18%), Vitamin E: 1.08mg (7.19%), Vitamin
C: 5.8mg (7.03%), Zinc: 0.87mg (5.77%), Calcium: 41.21mg (4.12%), Vitamin B12: 0.22µg (3.62%)