



Rich Chicken Soup with Fresh Noodles

READY IN



26 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup carrots diagonally sliced
- ☐ 1 cup celery sliced
- ☐ 8 ounce chicken breast boneless skinless cut into bite-sized pieces
- ☐ 5 cups chicken stock see
- ☐ 0.5 cup wine dry white
- ☐ 3 tablespoons spring onion chopped
- ☐ 1 ounce herbs like: thym fresh
- ☐ 0.8 teaspoon kosher salt divided

- ☐ 6 ounces lasagne pasta sheets fresh chopped
- ☐ 2 cups onion sliced
- ☐ 0.5 teaspoon pepper divided
- ☐ 16 ounce chicken thighs boneless skinless trimmed
- ☐ 1 tablespoon miso white (soybean paste)

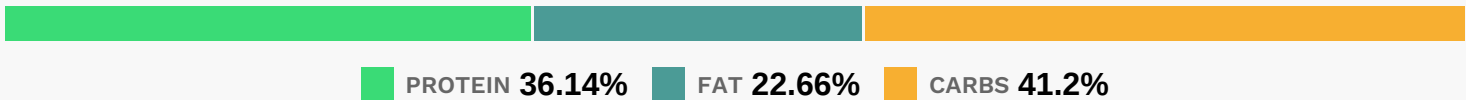
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Sprinkle chicken thighs evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add chicken thighs to pan; saut 3 minutes on each side or until browned.
- ☐ Remove chicken thighs.
- ☐ Add onion, carrot, and miso to pan; saut 2 minutes, stirring occasionally.
- ☐ Add wine; cook 1 minute, scraping pan to loosen browned bits. Chop chicken thighs into bite-sized pieces; return chicken thighs to pan. Tie twine around herbs to secure.
- ☐ Add herbs, stock, celery, and chicken breast to pan; bring to a boil. Reduce heat, and cook for 5 minutes.
- ☐ Add remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and pasta; simmer for 2 minutes or until pasta is done. Discard herbs.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:67.97, Glycemic Load:10.89, Inflammation Score:-10, Nutrition Score:24.14130438929%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 383.87kcal (19.19%), Fat: 9.15g (14.08%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 34.42g (12.52%), Sugar: 7.87g (8.74%), Cholesterol: 107.03mg (35.68%), Sodium: 842.23mg (36.62%), Alcohol: 2.06g (100%), Alcohol %: 0.56% (100%), Protein: 32.84g (65.68%), Vitamin A: 4016.91IU (80.34%), Selenium: 52.14µg (74.48%), Vitamin B3: 12.24mg (61.2%), Vitamin B6: 0.91mg (45.65%), Phosphorus: 367.99mg (36.8%), Vitamin K: 37.82µg (36.02%), Manganese: 0.52mg (26.16%), Vitamin B2: 0.41mg (24.22%), Potassium: 833.4mg (23.81%), Vitamin B5: 1.77mg (17.69%), Magnesium: 67.31mg (16.83%), Vitamin B1: 0.24mg (15.81%), Zinc: 2.36mg (15.75%), Copper: 0.31mg (15.73%), Fiber: 3.03g (12.12%), Iron: 2.08mg (11.56%), Folate: 45.86µg (11.46%), Vitamin C: 8mg (9.69%), Vitamin B12: 0.57µg (9.43%), Calcium: 62.1mg (6.21%), Vitamin E: 0.61mg (4.04%)