



WHATSheATE



## Roast Chicken Noodle Soup with Chrysanthemum



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 14 ounce extra wide egg noodles fresh chinese thin
- ☐ 1 piece ginger fresh peeled sliced into thin rounds
- ☐ 3 garlic cloves thinly sliced
- ☐ 6 cups low-salt chicken broth
- ☐ 0.3 large onion paper-thin sliced
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar

- ☐ 3 large thai bird chiles red sliced into thin rounds
- ☐ 3 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 3 star anise whole
- ☐ 2 bunches chrysanthemum trimmed cut into 2-inch strips ( 5 cups)
- ☐ 2 bunches chrysanthemum trimmed cut into 2-inch strips ( 5 cups)

## Equipment

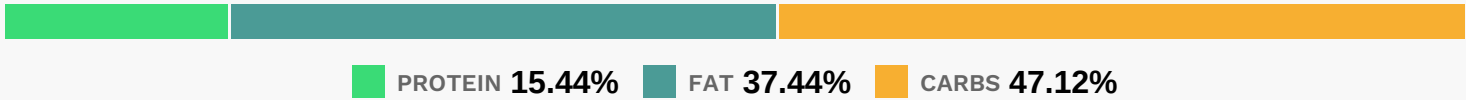
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ microwave
- ☐ colander

## Directions

- ☐ Stir star anise in heavy large saucepan over medium heat until slightly darker, wrinkled-looking, and fragrant, about 8 minutes.
- ☐ Add 3 cups water and ginger; simmer 15 minutes.
- ☐ Add broth, soy sauce, and sugar; simmer 15 minutes. Season to taste with salt and pepper.
- ☐ Stir oil and garlic in small skillet over low heat until garlic is crisp and golden, about 8 minutes. Set garlic oil aside.
- ☐ Blanch chrysanthemum in large pot of boiling salted water until just wilted, about 5 seconds. Using strainer, transfer greens to colander. Rinse with cold water and drain. Return water in pot to boil.
- ☐ Add noodles and cook until just tender but still firm to bite, stirring often, about 3 minutes.
- ☐ Drain; transfer to large bowl.
- ☐ Let stand 2 minutes.

- ☐ Mix in 1 tablespoon garlic oil. Using kitchen shears, cut noodles crosswise in several places.
- ☐ Heat chicken in microwave in 10-second intervals at low setting until warmed through. Divide noodles among 4 soup bowls; top each with 1/4 of chrysanthemum, chicken, and onion. Ladle 2 cups broth mixture into each bowl.
- ☐ Drizzle with some garlic oil.
- ☐ Serve, passing red chiles separately.

## Nutrition Facts



## Properties

Glycemic Index:40.52, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:7.0547826808432%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 340.52kcal (17.03%), Fat: 14.48g (22.28%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 38.57g (14.03%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 787.77mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.88%), Vitamin B3: 5.29mg (26.45%), Iron: 3.32mg (18.43%), Vitamin K: 19.16µg (18.24%), Phosphorus: 128.99mg (12.9%), Copper: 0.25mg (12.31%), Potassium: 371.99mg (10.63%), Fiber: 2.44g (9.77%), Vitamin C: 7.1mg (8.6%), Vitamin B2: 0.13mg (7.65%), Manganese: 0.12mg (6.06%), Vitamin B12: 0.35µg (5.9%), Vitamin E: 0.86mg (5.72%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.51mg (3.37%), Calcium: 33.06mg (3.31%), Magnesium: 13mg (3.25%), Vitamin B1: 0.02mg (1.28%), Folate: 4.25µg (1.06%)