



Rosemary Chicken Noodle Soup

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 carrots sliced
- 2 pounds chicken meat boneless skinless
- 2 tablespoons rosemary dried
- 1 tablespoon thyme leaves dried
- 3 cloves garlic crushed
- 8 servings ground pepper black to taste
- 16 ounce penne pasta
- 8 servings salt to taste

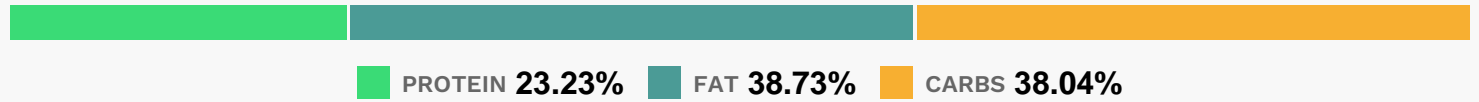
- 2 tablespoons vegetable oil
- 8 cups water
- 1 onion white

Equipment

Directions

- In a large kettle, boil water, chicken, spices, onion, and garlic for 1 hour.
- Add carrots, oil, and noodles; boil for 20 minutes. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:18.46, Inflammation Score:-10, Nutrition Score:21.259565343028%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 507.18kcal (25.36%), Fat: 21.54g (33.14%), Saturated Fat: 5.63g (35.2%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 44.27g (16.1%), Sugar: 3.56g (3.96%), Cholesterol: 85.05mg (28.35%), Sodium: 310.73mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.14%), Vitamin A: 5289.65IU (105.79%), Selenium: 52.47µg (74.96%), Vitamin B3: 9.03mg (45.15%), Manganese: 0.68mg (34.18%), Phosphorus: 291.75mg (29.18%), Vitamin B6: 0.56mg (28.08%), Vitamin K: 20.85µg (19.85%), Zinc: 2.47mg (16.45%), Magnesium: 62.79mg (15.7%), Iron: 2.67mg (14.85%), Copper: 0.29mg (14.36%), Vitamin B5: 1.38mg (13.85%), Potassium: 473.16mg (13.52%), Fiber: 3.35g (13.4%), Vitamin B2: 0.2mg (11.59%), Vitamin B1: 0.15mg (10.2%), Folate: 28.37µg (7.09%), Vitamin C: 5.54mg (6.71%), Calcium: 63.15mg (6.32%), Vitamin E: 0.92mg (6.16%), Vitamin B12: 0.35µg (5.86%), Vitamin D: 0.23µg (1.51%)