



Rosemary Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 ounce preshredded carrot
- ☐ 1 cup celery chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 cups lower-sodium chicken broth fat-free

- ☐ 8 ounce pre mushrooms
- ☐ 1 tablespoon olive oil divided
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1.5 pounds chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 6 cups water
- ☐ 3.5 cups blend wide egg noodles whole-wheat hot cooked uncooked

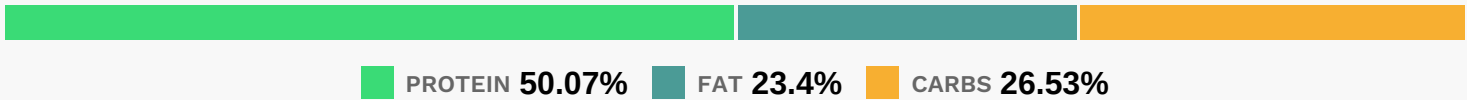
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine noodles, oil, and 1/2 teaspoon salt; toss well to coat.
- ☐ Combine water and next 6 ingredients (through chicken breast) in a large Dutch oven; add 1/2 teaspoon salt. Bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Remove chicken from pan; cool slightly. Shred chicken with 2 forks.
- ☐ Add carrot and mushrooms to pan; bring to a boil. Reduce heat, and simmer 6 minutes or until carrot is tender.
- ☐ Add shredded chicken, parsley, spinach, and remaining 1 teaspoon salt; cook 3 minutes or until spinach wilts. Stir in noodle mixture, lemon juice, and pepper. Cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:27.78, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:28.296521663666%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 265.29kcal (13.26%), Fat: 6.86g (10.55%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 14.82g (5.39%), Sugar: 3.78g (4.2%), Cholesterol: 119.35mg (39.78%), Sodium: 602.69mg (26.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.01%), Vitamin A: 6597.29IU (131.95%), Vitamin K: 124.97µg (119.02%), Selenium: 50.15µg (71.64%), Vitamin B3: 12.5mg (62.5%), Vitamin B6: 0.99mg (49.42%), Phosphorus: 353.57mg (35.36%), Potassium: 993.71mg (28.39%), Vitamin B5: 2.42mg (24.18%), Vitamin B2: 0.36mg (21.06%), Manganese: 0.41mg (20.47%), Vitamin C: 15.49mg (18.78%), Magnesium: 67.39mg (16.85%), Folate: 65.75µg (16.44%), Zinc: 2.07mg (13.8%), Vitamin B1: 0.2mg (13.2%), Copper: 0.25mg (12.39%), Iron: 1.96mg (10.87%), Fiber: 2.68g (10.71%), Vitamin B12: 0.62µg (10.32%), Vitamin E: 1.1mg (7.31%), Calcium: 61.08mg (6.11%), Vitamin D: 0.15µg (1.02%)