



Slow-Cooker Chicken and Ramen Noodle Soup

 Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs boneless skinless (6)
- 16 oz baby carrots fresh cut in half lengthwise
- 0.5 cup celery chopped
- 8 oz bamboo skewers drained sliced canned
- 8 oz water chestnuts drained sliced canned
- 3 oz japanese ramen noodles
- 32 oz chicken broth

1 cup sugar snap peas frozen thawed

2 spring onion sliced

Equipment

slow cooker

Directions

In 3 1/2 or 4-quart slow cooker, layer chicken thighs, carrots, celery, bamboo shoots, water chestnuts and contents of seasoning packet from soup mix.

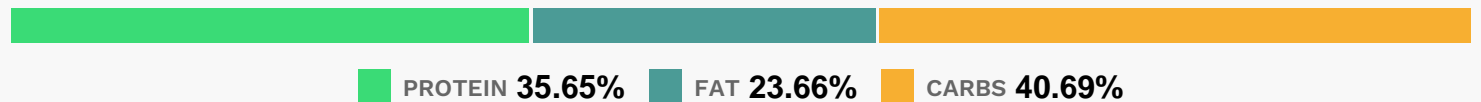
Pour broth over top.

Cover; cook on Low setting for 7 to 8 hours.

About 10 minutes before serving, remove chicken from slow cooker; place on large plate. Shred chicken with 2 forks; return to slow cooker and mix well. Coarsely break noodles from soup mix into soup. Stir in thawed sugar snap peas. Cover; cook an additional 10 minutes or until noodles are tender.

Just before serving, stir in onions. If desired, add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:21.379565176756%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 255.77kcal (12.79%), Fat: 6.76g (10.39%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 20.95g (7.62%), Sugar: 7.5g (8.33%), Cholesterol: 92.8mg (30.93%), Sodium: 1007.82mg (43.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.8%), Vitamin A: 10712.6IU (214.25%), Selenium: 24.84µg (35.48%), Vitamin B3: 7.02mg (35.1%), Vitamin B6: 0.69mg (34.61%), Phosphorus: 253.74mg (25.37%), Vitamin K: 25.6µg (24.38%), Manganese: 0.45mg (22.26%), Vitamin B1: 0.33mg (22%), Vitamin B2: 0.37mg (21.51%),

Fiber: 5.19g (20.74%), Potassium: 628.66mg (17.96%), Vitamin B5: 1.75mg (17.54%), Iron: 3.15mg (17.52%), Vitamin C: 13.99mg (16.96%), Zinc: 2.33mg (15.54%), Copper: 0.3mg (14.85%), Folate: 57.19µg (14.3%), Vitamin B12: 0.67µg (11.17%), Magnesium: 44.25mg (11.06%), Vitamin E: 1.09mg (7.24%), Calcium: 61.42mg (6.14%)