



Slow-Cooker Hearty Chicken and Noodle Soup

 Dairy Free

READY IN



570 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 1 pound baby carrots
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 bay leaves dried
- ☐ 1 tablespoon onion instant chopped
- ☐ 1 clove garlic finely chopped

- ☐ 1 cup celery stalks chopped
- ☐ 32 ounces chicken broth (4 cups)
- ☐ 1 cup snow peas frozen chinese ()
- ☐ 2 cups extra wide egg noodles uncooked

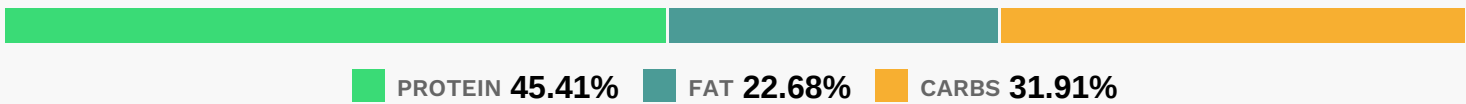
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place chicken, carrots, salt, thyme, pepper, bay leaf, onion, garlic, celery and broth in order listed in 3- to 4-quart slow cooker.
- ☐ Cover and cook on low heat setting 8 to 9 hours.
- ☐ Stir in pea pods and noodles. Increase heat setting to high. Cover and cook 20 minutes or until noodles are tender.
- ☐ Remove chicken from cooker; place on cutting board. Shred chicken, using 2 forks. Return chicken to cooker.
- ☐ Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:20.675217441891%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 230.17kcal (11.51%), Fat: 5.71g (8.79%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 14.69g (5.34%), Sugar: 5.44g (6.05%), Cholesterol: 121.39mg (40.46%), Sodium: 1125.38mg (48.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.46%), Vitamin A: 10725.77IU (214.52%), Selenium: 37.16µg (53.09%), Vitamin B3: 7.51mg (37.56%), Vitamin B6: 0.66mg (32.96%), Phosphorus: 284.07mg (28.41%), Vitamin B2: 0.35mg (20.78%), Manganese: 0.39mg (19.69%), Vitamin B5: 1.96mg (19.64%), Vitamin K: 19.63µg (18.69%), Potassium: 598.28mg (17.09%), Vitamin C: 12.84mg (15.57%), Zinc: 2.28mg (15.21%), Vitamin B1: 0.21mg (13.87%), Fiber: 3.39g (13.57%), Vitamin B12: 0.79µg (13.21%), Iron: 2.36mg (13.11%), Magnesium: 49mg (12.25%), Copper: 0.22mg (11.14%), Folate: 41.99µg (10.5%), Calcium: 61.35mg (6.13%), Vitamin E: 0.42mg (2.81%)