



Suped-Up Traditional Chicken Noodle Soup

READY IN

ready

170 min.

SERVINGS

servings

6

CALORIES

calories

543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pieces skin-on chicken breast bone-in
- ☐ 2 tablespoons butter
- ☐ 1 large carrots peeled quartered
- ☐ 2 large carrots julienned
- ☐ 2 ribs celery quartered
- ☐ 3 small ribs celery and leafy tops very thinly sliced
- ☐ 2.5 quarts chicken stock see homemade
- ☐ 3 sprigs optional: dill fresh
- ☐ 6 servings dill and parsley fresh chopped for garnish

- ☐ 12 ounces extra wide egg noodles
- ☐ 1 large bay leaf fresh
- ☐ 6 servings salt and ground pepper white black finely
- ☐ 1 leek trimmed quartered
- ☐ 2 leeks dried trimmed sliced
- ☐ 1 optional: lemon sliced
- ☐ 2 pieces poached chicken breast diced shredded white
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion peeled halved
- ☐ 1 onion very thinly sliced quartered
- ☐ 3 sprigs parsley fresh
- ☐ 2 small parsnips julienned quartered
- ☐ 3 sprigs thyme leaves fresh

Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

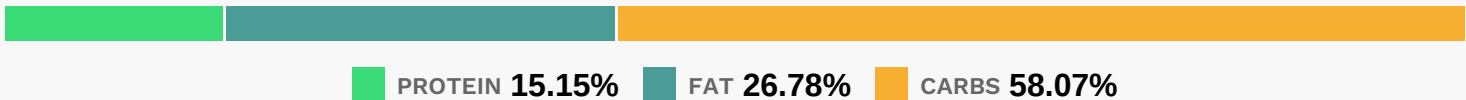
Directions

- ☐ Place the chicken, leek, onion, celery, carrot, lemon, parsley, dill, thyme, and bay leaf in a large pot and fill with water until the pot is 2 to 3-inches full from the top, about 3 to 4 quarts water. Cover and bring to a boil, then uncover and reduce heat to simmer. Cook uncovered 1 hour.
- ☐ Remove the chicken to large plate or bowl. Strain the cooking liquids and reserve for soup stock. Pull the skin and carcass away and chop the meat or shred with forks.
- ☐ Heat 2 tablespoons extra-virgin olive oil in soup pot or large Dutch oven over medium-high heat and add leeks, onions, celery, parsnip or fennel, carrots, salt and pepper. Stir frequently for 10 minutes to soften vegetables without browning them then add stock and 1/3 of the chicken meat to pot. Cool and store soup for a make-ahead meal and reheat over medium high flame or, to serve immediately reduce heat to simmer and cook the egg noodles in

another pot.

- ☐ Boil water in a large pot, salt the boiling water and cook the pasta to al dente or with a good-bite left to it.
- ☐ Drain the pasta and toss with butter or a drizzle of oil, stir to combine and coat the noodles evenly.
- ☐ Pour the soup over the noodles in soup bowls and top with fresh dill, parsley, or reserved fennel fronds, if using.

Nutrition Facts



Properties

Glycemic Index:97.69, Glycemic Load:24.63, Inflammation Score:-10, Nutrition Score:31.39999989323%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 542.77kcal (27.14%), Fat: 16.34g (25.14%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 79.73g (26.58%), Net Carbohydrates: 71.74g (26.09%), Sugar: 15.68g (17.42%), Cholesterol: 70.34mg (23.45%), Sodium: 674.76mg (29.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.8g (41.6%), Vitamin A: 7157.76IU (143.16%), Selenium: 55.48µg (79.26%), Manganese: 1.15mg (57.65%), Vitamin K: 59.78µg (56.93%), Vitamin B3: 8.64mg (43.19%), Vitamin C: 31.97mg (38.75%), Phosphorus: 334.17mg (33.42%), Vitamin B6: 0.66mg (32.85%), Folate: 128.57µg (32.14%), Potassium: 1119.77mg (31.99%), Fiber: 7.99g (31.97%), Vitamin B2: 0.49mg (28.54%), Copper: 0.55mg (27.56%), Vitamin B1: 0.36mg (24.29%), Magnesium: 90.98mg (22.74%), Iron: 3.69mg (20.49%), Vitamin E: 2.66mg (17.72%), Zinc: 2.23mg (14.89%), Calcium: 119.86mg (11.99%), Vitamin B5: 1.17mg (11.73%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.17µg (1.16%)