



Super Easy Chicken Noodle Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cubes chicken bouillon
- ☐ 1 pound chicken meat boneless skinless
- ☐ 2 cups extra wide egg noodles thin
- ☐ 8 cups water

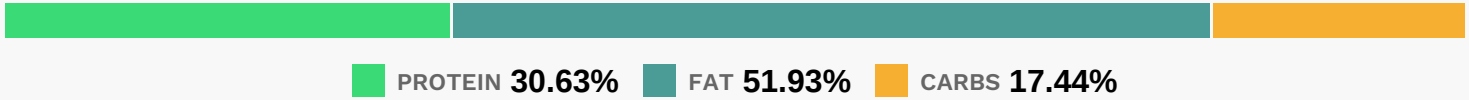
Equipment

- ☐ pot

Directions

- ☐ Measure water into a large pot, and add chicken and chicken bouillon. Boil until chicken is fully cooked.
- ☐ Remove chicken from the broth. Chop into small pieces, and return meat to the pot.
- ☐ Add egg noodles, and cook until tender.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:5.68, Inflammation Score:-3, Nutrition Score:10.424347893051%

Nutrients (% of daily need)

Calories: 316.81kcal (15.84%), Fat: 17.92g (27.57%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.92g (4.7%), Sugar: 0.36g (0.4%), Cholesterol: 101.01mg (33.67%), Sodium: 111.04mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.57%), Selenium: 31.31µg (44.72%), Vitamin B3: 8.11mg (40.56%), Vitamin B6: 0.44mg (21.9%), Phosphorus: 212.52mg (21.25%), Zinc: 1.9mg (12.65%), Vitamin B5: 1.21mg (12.05%), Magnesium: 38.45mg (9.61%), Copper: 0.19mg (9.33%), Manganese: 0.18mg (9.2%), Vitamin B2: 0.15mg (9.01%), Iron: 1.38mg (7.68%), Potassium: 260.74mg (7.45%), Vitamin B12: 0.41µg (6.78%), Vitamin B1: 0.1mg (6.69%), Vitamin A: 170.54IU (3.41%), Calcium: 33.38mg (3.34%), Folate: 12.32µg (3.08%), Vitamin E: 0.41mg (2.74%), Fiber: 0.63g (2.51%), Vitamin C: 1.81mg (2.2%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.8µg (1.71%)