



Swanson® Sensational Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

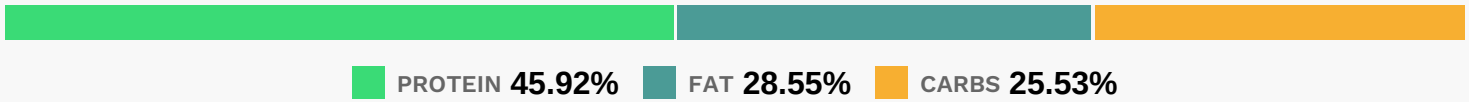
- ☐ 1 medium carrots sliced
- ☐ 1 stalk celery sliced
- ☐ 4 cups chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 1 dash pepper black generous
- ☐ 1 cup chicken shredded cooked
- ☐ 0.5 cup extra wide egg noodles uncooked

Equipment

Directions

☐ Serve with your favorite cheese and crackers and a spinach salad. For dessert serve a chocolate parfait: layer chocolate pudding with your favorite crumbled cookies and top with whipped topping. Cost per recipe: \$99 Cost per recipe serving: \$ Total cost of meal (including serving suggestion): \$ Cost calculations based on July 2008 national average prices

Nutrition Facts



Properties

Glycemic Index:38.71, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:7.9330435200878%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 98.51kcal (4.93%), Fat: 3.08g (4.74%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.44g (1.98%), Sugar: 1.96g (2.17%), Cholesterol: 34.94mg (11.65%), Sodium: 917.63mg (39.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.29%), Vitamin A: 2614.7IU (52.29%), Selenium: 13.35µg (19.07%), Vitamin B3: 3.55mg (17.77%), Vitamin B2: 0.21mg (12.29%), Phosphorus: 95.82mg (9.58%), Manganese: 0.19mg (9.5%), Vitamin B6: 0.18mg (9.11%), Vitamin B1: 0.09mg (6.09%), Potassium: 209.17mg (5.98%), Zinc: 0.84mg (5.58%), Vitamin K: 5.01µg (4.77%), Vitamin B5: 0.47mg (4.71%), Iron: 0.75mg (4.15%), Copper: 0.08mg (4%), Magnesium: 15.43mg (3.86%), Fiber: 0.75g (3%), Vitamin B12: 0.16µg (2.7%), Calcium: 24.41mg (2.44%), Folate: 9.63µg (2.41%), Vitamin E: 0.24mg (1.6%), Vitamin C: 1.21mg (1.47%)