



Swedish Chicken and Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 stalks celery roughly chopped
- ☐ 4 lbs chicken
- ☐ 6 eggs
- ☐ 4 cups flour
- ☐ 1 onion peeled roughly chopped
- ☐ 10 servings peas green frozen
- ☐ 10 servings potatoes mashed
- ☐ 10 servings salt and pepper

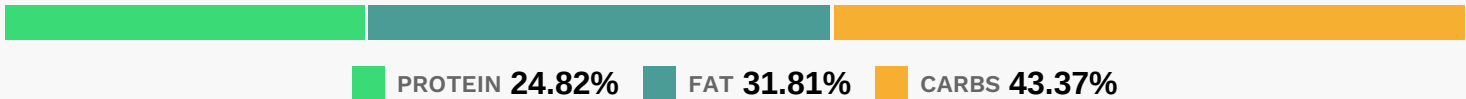
Equipment

- ☐ baking paper
- ☐ mixing bowl
- ☐ pot
- ☐ rolling pin
- ☐ sifter

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Swedish Chicken and Noodles
- ☐ Ingredients4 cups flour6 eggs1 chicken (about 4 lbs)4 stalks of celery, roughly chopped including leaves1 onion, peeled and roughly chopped
- ☐ Salt and pepper
- ☐ Optional Ingredients
- ☐ Frozen green peas
- ☐ Mashed potatoes
- ☐ You will also need
- ☐ Mixing bowl, sifter, rolling pin, parchment paper, large stockpot
- ☐ Servings: 8-10 servings
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:30.83, Inflammation Score:-8, Nutrition Score:23.894782729771%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 473.13kcal (23.66%), Fat: 16.45g (25.3%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 50.46g (16.82%), Net Carbohydrates: 44.51g (16.19%), Sugar: 5.03g (5.59%), Cholesterol: 163.53mg (54.51%), Sodium: 310.17mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Selenium: 39.02µg (55.75%), Vitamin B3: 10.48mg (52.42%), Vitamin B1: 0.66mg (43.83%), Folate: 164.27µg (41.07%), Vitamin C: 31.9mg (38.67%), Manganese: 0.69mg (34.74%), Vitamin B2: 0.58mg (34.13%), Phosphorus: 320.19mg (32.02%), Vitamin B6: 0.52mg (26.11%), Iron: 4.7mg (26.09%), Fiber: 5.95g (23.79%), Vitamin K: 24.27µg (23.11%), Zinc: 2.77mg (18.49%), Vitamin A: 891.19IU (17.82%), Vitamin B5: 1.55mg (15.47%), Magnesium: 58.61mg (14.65%), Potassium: 493.34mg (14.1%), Copper: 0.27mg (13.58%), Vitamin B12: 0.5µg (8.42%), Calcium: 59.16mg (5.92%), Vitamin E: 0.71mg (4.72%), Vitamin D: 0.7µg (4.68%)