

Names
English Chicken Noodle Soup

Category & Tags

- Whole
- Brand
- Restaurant
- Supplement
- Seafood
- Vegetarian
- Vegan
- Dairy
- Nuts
- Eggs
- Lunch
- Snack
- Milk
- Keto
- TreeNut
- Dinner
- GlutenFree
- ShellFish
- Dessert
- Fish
- Wheat
- Peanut
- Sesame
- Breakfast
- Soy
- Pescatarian

View Other Food Properties

Serving Sizes

#	Measure	Servings Per Recipe
1	Serving	4

Set Cooked Recipe Weight

Original Recipe Weight	690.7 g
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Description	Database	Amount	Unit	Energy (kcal)	Weight
Carrots, Raw	NCCDB	1/2	cup	31.8	77.5 g
Garlic, Cooked	NCCDB	1	clove	4.5	3.0 g
Banza, Chickpea Rotini	CRDB	1	2 oz (dry)	190.0	56.0 g
365 Whole Foods Market, Chicken Broth, Chicken	FDC UPC	1	cup	4.8	Unknown
Lifeway, Lowfat Kefir, Plain Unsweetened	CRDB	1	cup (240ml)	110.0	244.0 g
Chicken Breast, Skinless, Cooked	NCCDB	2	oz	98.1	56.7 g
A2, Whole Milk, Vitamin D Ultra-Pasteirized	CRDB	1	cup (240ml)	160.0	240.0 g
Olive Oil	NCCDB	1	tbsp	119.3	13.5 g

1

full recipe – 690.7g ▾

General	Amount	% DV
Energy	718.46 kcal	35.9%
	3008.05 kJ	
Alcohol	0.00 g	
Ash	2.98 g	
Beta-Hydroxybutyrate	- g	
Caffeine	0.00 mg	
Oxalate	35.87 mg	
Water	318.38 g	21.2%
Carbohydrates	Amount	% DV
Total Carbs	68.41 g	22.8%
Fiber	7.23 g	28.9%
Starch	1.86 g	
Sugars	28.70 g	
Allulose	- g	
Fructose	0.44 g	
Galactose	0.00 g	
Glucose	0.46 g	
Lactose	0.00 g	
Maltose	0.00 g	
Sucrose	2.79 g	
Added Sugars	0.00 g	0.0%
Sugar Alcohol	0.20 g	
Net Carbs	60.98 g	
Lipids	Amount	% DV
Fat	30.26 g	46.6%
Monounsaturated	12.68 g	
Polyunsaturated	2.53 g	
Omega-3	0.34 g	
Omega-6	1.96 g	
Saturated	9.11 g	45.6%
Trans-Fats	0.35 g	
Cholesterol	93.19 mg	31.1%
Phytosterol	- mg	
Protein	Amount	% DV
Protein	49.44 g	98.9%
Alanine	1.30 g	
Arginine	1.36 g	
Aspartic acid	2.37 g	
Cystine	0.34 g	
Glutamic acid	4.63 g	
Glycine	1.05 g	
Histidine	0.81 g	
Hydroxyproline	- g	
Isoleucine	1.38 g	
Leucine	2.12 g	
Lysine	2.21 g	
Methionine	0.70 g	
Phenylalanine	1.14 g	
Proline	1.51 g	
Serine	1.11 g	
Threonine	1.21 g	
Tryptophan	0.31 g	
Tyrosine	1.01 g	
Valine	1.43 g	

American Label

Chicken Noodle Soup		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	718.5 kcal	36 %
Total Fat	30.3 g	47 %
Saturated Fat	9.1 g	46 %
Trans Fat	0.4 g	
Cholesterol	93.2 mg	31 %
Sodium	932.1 mg	39 %
Total Carbohydrate	68.4 g	23 %
Dietary Fiber	7.2 g	29 %
Sugars	28.7 g	
Protein	49.4 g	99 %
Vitamin A	57 % • Vitamin C	17 %
Calcium	77 % • Iron	22 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

Vitamins	Amount	% DV
B1 (Thiamine)	0.20 mg	13.6%
B2 (Riboflavin)	0.52 mg	30.6%
B3 (Niacin)	8.04 mg	40.2%
B5 (Pantothenic Acid)	1.68 mg	16.8%
B6 (Pyridoxine)	0.57 mg	28.5%
B12 (Cobalamin)	1.27 µg	21.2%
Biotin	0.22 µg	0.1%
Choline	89.50 mg	16.3%
Folate	29.08 µg	7.3%
Vitamin A	851.57 µg	56.8%
Alpha-carotene	2693.44 µg	
Beta-carotene	6434.88 µg	
Beta-cryptoxanthin	0.00 µg	
Lutein+Zeaxanthin	198.79 µg	
Lycopene	0.77 µg	
Retinol	113.10 µg	
Vitamin C	10.31 mg	17.2%
Vitamin D	302.83 IU	75.7%
Vitamin E	2.93 mg	14.5%
Beta Tocopherol	0.02 mg	
Delta Tocopherol	0.00 mg	
Gamma Tocopherol	0.18 mg	
Vitamin K	15.50 µg	19.4%
Minerals	Amount	% DV
Calcium	769.63 mg	77.0%
Chromium	- µg	-%
Copper	0.13 mg	6.6%
Fluoride	- µg	
Iodine	82.36 µg	54.9%
Iron	4.03 mg	22.4%
Magnesium	109.35 mg	27.3%
Manganese	0.18 mg	9.0%
Molybdenum	- µg	-%
Phosphorus	530.77 mg	53.1%
Potassium	1700.10 mg	48.6%
Selenium	23.22 µg	33.2%
Sodium	932.09 mg	38.8%
Zinc	1.81 mg	12.0%