



Chicken Noodle Soup

Ingredients

1 cup cooked chicken, cut into bite size pieces

6 cups low sodium chicken broth

¾ cup finely chopped onion

¾ cup finely chopped celery

¾ cup finely chopped carrots

½ teaspoon pepper

2 cups uncooked egg noodles

Makes 6 servings

Instructions

1. Place large pot on stove then add all ingredients.
2. Set temperature on medium high or high, and bring to a boil.
3. Then reduce heat and simmer for 10 to 15 minutes or until noodles are tender.

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 640mg **27%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 12g

Vitamin A 50% • Vitamin C 4%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

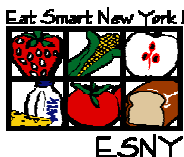
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

11% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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