

Slow Cooker Chicken Noodle Soup

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Servings: 4

2 tablespoons canola oil
1 onion, chopped
1/2 teaspoon salt, divided
1/4 teaspoon black pepper
1 cup baby carrots
1 pound bone-in skinless chicken thighs
1 1/2 pounds bone-in skinless chicken breasts
1 bay leaf
5 cups reduced -sodium chicken broth
2 tablespoons chopped dill
1 cup frozen peas and carrots, thawed
1 1/2 cups cooked vermicelli, broken into three-inch pieces

Preparation Time: 30 minutes

In a large skillet, heat the oil for 30 seconds on medium. Add the onion, 1/4 teaspoon of salt and pepper. Saute' for 5 minutes.

In a large slow cooker, arrange the chicken. Sprinkle with 1/4 teaspoon salt. Top with the carrots, onions and bay leaf. Add the broth. Cover and cook on low for six hours.

Remove the chicken from the cooker. Cool. Dice the chicken. Strain the soup, discarding the vegetables.

In the slow cooker, combine the broth, chicken, dill, peas and carrots and the vermicelli. Cook on HIGH for 10 minutes.

Start to Finish Time: 6 hours 30 minutes

Per Serving (excluding unknown items): 112 Calories; 7g Fat (55.6% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 316mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	112	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	37.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	37mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 0mg
Carbohydrate (g): 11g
Dietary Fiber (g): 3g
Protein (g): 2g
Sodium (mg): 316mg
Potassium (mg): 278mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 12204IU
Vitamin A (r.e.): 1220 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 112 Calories from Fat: 62

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	316mg	13%
Total Carbohydrates	11g	4%
Dietary Fiber	3g	11%
Protein	2g	
Vitamin A		244%
Vitamin C		18%
Calcium		3%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.