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## Chicken and Noodles ♦♦

A classic dish made with tender chicken and flavorful noodles. This recipe has been enjoyed for generations and is perfect for a comforting meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	chicken breast
250 g	noodles
500 ml	chicken broth
100 g	Carrots
100 g	celery
100 g	onion

2 cloves	garlic
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1 tsp	salt
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1 tsp	pepper
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2 tbsp	olive oil
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## Directions

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### Step 1

Sautéing

In a large pot, heat olive oil over medium heat. Add chopped onion, garlic, carrots, and celery. Cook until vegetables are softened.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Add chicken breast to the pot and cook until browned on all sides.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Boiling

Pour in chicken broth and bring to a boil. Reduce heat and let simmer for 20 minutes, or until chicken is cooked through.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 4

Remove chicken from the pot and shred using two forks. Return shredded chicken to the pot.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

**Boiling**

Cook noodles according to package instructions. Drain and add to the pot with the chicken and vegetables. Season with salt and pepper.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

**Stirring**

Stir everything together and let cook for an additional 5 minutes to allow flavors to meld.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 7

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Cuisines

American

### Course

Soups Snacks

### Cultural

Chinese New Year Halloween

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe

Lactation Friendly Allergy Friendly

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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