

Creamy Italian Chicken Noodle Soup

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-italian-chicken-noodle-soup-recipe>

Ingredients:

- 3 cups uncooked small pasta Ditalini, small shells, etc.
- 6 tablespoons butter
- 1 small onion diced
- 1 1/2 cups carrots diced
- 1 cup diced celery
- 4 cloves garlic minced
- 6 tablespoons flour
- 8 cups chicken stock
- 3 cups chicken cooked, shredded
- 29 ounces diced tomatoes
- 1 teaspoon Italian seasoning
- 1/4 teaspoon red pepper flakes
- 2 cups half & half
- 1/4 fresh basil chopped, plus more for garnish
- 1/2 cup grated Parmesan cheese plus more for garnish
- salt
- pepper

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 115 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 37 grams
7. SaturatedFat: 12 grams

8. Sodium: 720 milligrams

9. Sugar: 11 grams

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