

Portuguese Chicken Soup II

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-chicken-recipe-taste>

Ingredients:

- 1 whole bone in chicken breast with skin
- 1 onion cut into thin wedges
- 4 sprigs fresh parsley
- 1/2 teaspoon lemon zest
- 1 sprig fresh mint
- 6 cups chicken stock
- 1/3 cup egg noodles thin
- 2 tablespoons fresh mint leaves chopped
- salt to taste
- 1/4 teaspoon ground white pepper freshly

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 50 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 780 milligrams
9. Sugar: 8 grams

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