

Chicken Noodle Soup

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-chicken-noodle-soup-recipe>

Ingredients:

- 4 tablespoons flour
- 4 tablespoons butter
- 2 tablespoons olive oil
- 4 carrots peeled and diced
- 2 stalks celery diced
- 1 onion diced
- 4 cups chicken broth
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme leaves
- 2 tablespoons fresh parsley chopped
- 1 teaspoon garlic fresh, minced
- 3 cups chicken shredded or cubed
- 1 1/2 cups noodles

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 100 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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