

Asian Chicken Noodle Soup

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Servings: 4

FOR THE BROTH

1 1/2 pounds bone-in chicken legs and thighs, skin and excess fat removed
4 scallions, trimmed
10 sprigs fresh cilantro
2 cloves garlic
1 three-inch piece ginger (unpeeled), sliced
10 (about 1/4 teaspoon) black peppercorns
3 medium carrots, peeled
1 package (8 ounce) whole baby bella mushrooms, trimmed
4 cups low-sodium chicken broth
1 tablespoon soy sauce
1 teaspoon sesame oil

FOR SERVING

1 package (8 ounce) rice noodles
6 ounces (1-1/2 heads) baby bok choy, sliced
1 jalapeno or Fresno chile (optional), seeded and chopped
sliced scallions
fresh cilantro leaves

Preparation Time: 25 minutes

In a 5- or 6-quart slow cooker, combine all of the broth ingredients (except the soy sauce and sesame oil) in a slow cooker with two cups of water. Stir, cover and cook on LOW for six to eight hours, until the chicken is fall-off-the-bone tender.

Strain the broth into a pot. Set aside the chicken, carrots and mushrooms. Discard the other solids.

Return the broth to the slow cooker and turn the heat to HIGH. Add the soy sauce and sesame oil, plus more to taste. Add the noodles and bok choy. Cook, covered, until the noodles are tender, 10 to 15 minutes.

Meanwhile, shred the chicken (discard the bones), slice the carrots and halve the mushrooms. Divide among four bowls.

Add the soup to the bowls. Top with jalapeno, scallions and cilantro.

Start to Finish Time: 8 hours 25 minutes

Per Serving (excluding unknown items): 197 Calories; 4g Fat (14.1% calories from fat); 12g Protein; 40g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 324mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Soups, Chili and Stews

Calories (kcal): 197
% Calories from Fat: 14.1%
% Calories from Carbohydrates: 65.5%
% Calories from Protein: 20.4%
Total Fat (g): 4g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 40g
Dietary Fiber (g): 2g
Protein (g): 12g
Sodium (mg): 324mg
Potassium (mg): 398mg
Calcium (mg): 55mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 15410IU
Vitamin A (r.e.): 1540 1/2RE

Vitamin B6 (mg): .2mg
Vitamin B12 (mcg): .5mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 30mcg
Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 197 **Calories from Fat:** 28

% Daily Values*

Total Fat	4g	6%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	324mg	13%
Total Carbohydrates	40g	13%
Dietary Fiber	2g	9%
Protein	12g	

Vitamin A	308%
Vitamin C	15%
Calcium	6%
Iron	14%

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