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Chicken Noodle Soup

Ingredients:

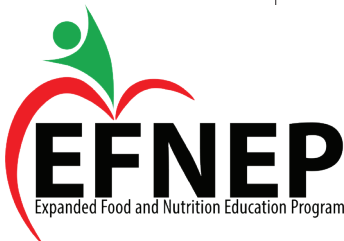
- 1 cup cooked chicken, cut into bite size pieces
- 6 cups low sodium chicken broth
- 3/4 cup finely chopped onion
- 3/4 cup finely chopped celery
- 3/4 cup finely chopped carrots
- 1/2 teaspoon pepper
- 2 cups uncooked egg noodles

Makes 6 servings - 11% calories from fat

Instructions:

1. Place large pot on stove then add all ingredients.
2. Set temperature on medium high or high, and bring to a boil.
3. Then reduce heat and simmer for 10 to 15 minutes or until noodles are tender.

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 640mg	27%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 12g	
Vitamin A 50%	Vitamin C 4%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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