

# Delicaé Gourmet Product Information

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## # 48461 Mother's Comfort Chicken Noodle Soup

Fine Egg Noodles, Dehydrated Vegetables (Carrots, Onion, Celery),  
Garlic, Parsley, Thyme, and Black Pepper.

### Just add Chicken & Chicken Broth.

**Ingredients:** Navy Beans, (Carrots, Onions, Corn, Celery), Chipotle,  
Chili Powder, Minced Garlic, Jalapeno, Sugar, Cilantro and Cumin.

### Ingredients You will need :

3½-4 lbs. of boneless, skinless chicken thighs

8 - 12 cups of low sodium chicken broth (depending on the size of your slow cooker)

### Cooking Instructions

1. Place the uncooked chicken in the bottom of the slow cooker.
2. Layer the contents of the vegetable and spice packets over the chicken.
3. Slowly pour the chicken broth over the ingredients. **Do not stir.**
4. Cover and cook on high for 5 to 5½ hours or low for 7 to 8 hours. **Do not lift the lid while cooking.**
5. Skim any fat from the surface of the soup.
6. Add noodles 30 to 45 minutes before serving.
7. Before serving salt to taste.

### Serving Suggestions:

Top with chopped fresh parsley.

For Italian flavor add fresh basil and grated Parmesan cheese.

Serve with a tossed green salad and fresh baked country bread.

When reheating leftover soup, add additional broth.

## Nutrition Facts

Serving Size As Packaged 0.7 oz. (19g)

As Prepared 12.4 oz (352g)

Servings Per Container 12

Amount Per Serving	As Packaged	As Prepared			
<b>Calories</b>	50	210			
Calories from Fat	0	20			
<b>% Daily Value**</b>					
<b>Total Fat</b> 0g*	<b>0%</b>	<b>4%</b>			
Saturated Fat 0g	<b>0%</b>	<b>3%</b>			
Trans Fat 0g					
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>25%</b>			
<b>Sodium</b> 80mg	<b>3%</b>	<b>9%</b>			
<b>Total Carbohydrate</b> 12g	<b>4%</b>	<b>4%</b>			
Dietary Fiber 2g	<b>8%</b>	<b>8%</b>			
Sugars 2g					
<b>Protein</b> 2g					
Vitamin A	50%	50%			
Vitamin C	4%	4%			
Calcium	2%	4%			
Iron	4%	15%			
<small>* Amount in Mix. As prepared, one serving provides 2.5g total fat (0 saturated fat), 75mg cholesterol, 210mg sodium, 13g carbohydrate (2g fiber, 2g sugar) and 33g protein.</small>					
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>					
	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat 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