

Recipe Analyzer Results

A single serving of this recipe has 402 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 402

% Daily Value*

Total Fat 10.5g 14%

Saturated Fat 3.7g 19%

Cholesterol 128mg 43%

Sodium 222mg 10%

Total Carbohydrate 37.3g 14%

Dietary Fiber 3.7g 13%

Total Sugars 6.1g

Protein 38.8g

Vitamin D 0mcg 0%

Calcium 135mg 10%

Iron 4mg 22%

Ingredients:

- 6 boneless skinless chicken thighs, about 575 g/1 lb 4 oz
- 2 l (8 cups) water
- 2 sprigs fresh parsley
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 250 ml (1 cup) whole grain egg noodles
- 250 ml (1 cup) frozen peas
- 60 ml (1/4 cup) grated Parmesan cheese
- 1 Hot pepper sauce (optional)
- 30 ml (2 tbsp) chopped fresh basil

Potassium 327mg

7%

Nutrition Facts

Servings: 6

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**