

Chicken Noodle Soup

Pierce® Dark Meat Menu Strips (1260) in a classic chicken noodle soup tastes just like home-cooking.



YIELD

168 servings (1 cup ea.)

MENU FIT/DAYPART

Lunch, Supper

COMPONENTS

1.5oz eq M/MA

0.5 grain

1/8 cup other vegetable

DIFFICULTY

Easier

ALLERGENS

wheat

INGREDIENTS AND PREPARATION

15 pounds + 12 ounces Pierce Dark Meat Menu Strips (1260)

2 pounds + 4 ounces celery, diced

6 pounds + 6 ounces carrots, diced

2 pounds + 14 ounces onion, diced

10 3/4 gallons boiling water

1 pound + 14 ounces low-sodium chicken base

2/3 cup dried parsley

1 tablespoon + 2 teaspoons black pepper

2 tablespoons poultry seasoning

5 1/4 pounds whole wheat spaghetti noodles, or other whole wheat noodle

1. Saute celery and carrots for 10-15 minutes in a large skillet. Add onions, water, chicken base, parsley, pepper, poultry seasoning and chicken. Bring to a boil. Reduce heat and simmer for 20 minutes until vegetables are tender and chicken is cooked to at least 165 ° F.
2. Add uncooked noodles to soup. Return to a boil. Reduce heat. Cover and simmer for 10 minutes until noodles are tender.
3. Serve hot.

Nutrition Facts	
Serving Size (93g)	
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 430mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 12g	
Vitamin A 60%	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	

Serving Suggestions: Serve with a whole grain cinnamon roll, grapes, sliced cucumbers and milk.



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