

Creamy Chicken Noodle Soup



Recipe developed by Cagla Fenton and Sue Groveman

Directions

- Cook the shirataki noodles according to the package directions.
- In a small saucepan, combine the heavy cream, chicken, chicken broth, butter, noodles and carrots.
- Season to taste with salt and pepper.
- Heat over medium flame, stirring frequently, until the butter is completely melted.
- Serve warm.

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.

Ingredients

		Exchange
Heavy cream	60g	
Protein	28g cooked dark chicken meat (thighs or drum sticks), cubed or shredded	3.5
	32g chicken broth (Swanson® Natural Goodness™ 100% fat free, 33% less sodium)	0.2 (+0.2g fat)
Fat	30.2g butter	6 (+0.2g)
Carbohydrate	19.8g tofu shirataki noodles	0.7
	9.8g canned carrots	0.6
Other	Salt and pepper	

Notes on adjusting this recipe to fit individual meal plans:

- This is a very flexible recipe; amounts of all the ingredients can be adjusted as needed.

Variations:

- Carrots can be omitted or substituted with other vegetables, such as celery, green beans or corn.
- Ramen noodles or regular pasta can be used instead of the shirataki noodles.
- Using chicken broth is recommended, as it enhances the flavor. However, it can be omitted or replaced with water if desired.