AMERICAN · LUNCH · DINNER

Low-Carb Chicken Noodle Soup with Shirataki

45 min · Serves 12 · 97 kcal a serve · Video 6:31 · Joe Duff - The Diet Chef

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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A light, warming soup: each cup gives about 11 g protein for under 100 kcal. Shirataki noodles stand in for pasta, so a cup has only about 3 g net carbs, while the carrot, celery and onion add vegetables and flavour.

Diet notes: Low carb (3.4 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.6 g, 6% of the energy).

Ingredients 13 · SERVES 12

- [ ] 2 cups shredded cooked **chicken**, skin removed (rotisserie, breast or thigh)
- [ ] 2 tbsp (1 oz) **olive oil**
- [ ] ¾ cup **carrots**, peeled and thinly sliced
- [ ] 2 **celery** stalks (about 1 cup, 4 oz), sliced
- [ ] 2 small **onions** or 1 medium (¾ cup, 6 oz), diced
- [ ] 2 cloves **garlic**, minced
- [ ] 64 oz **chicken broth**, no added sugar
- [ ] 2 packets **shirataki fettuccine** (16 oz in total), drained and rinsed well
- [ ] 1 tsp **dried thyme**
- [ ] ½ tsp **dried oregano**
- [ ] 2 **bay leaves**
- [ ] a pinch of **freshly ground black pepper**, plus more to taste
- [ ] **salt**, to taste (about 2 tsp in total)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Shred the cooked chicken and set aside. Slice the carrots and celery thinly and dice the onion; mince the garlic. 0:52
2. Warm the olive oil in a large pot over medium heat and cook the carrot, celery and onion, stirring now and then, until soft and translucent. Add the garlic and cook until fragrant. 3:06
3. Pour in the chicken broth and let it simmer while you drain the shirataki noodles and rinse them under hot water for a few minutes (a little salt helps remove any odd smell). 3:51
4. Add the noodles, thyme, oregano, bay leaves and pepper and bring the soup to the boil. 4:52
5. Stir in the chicken and simmer 5–10 minutes more. Remove the bay leaves, season with salt and pepper and serve. 5:22

> **Tip** Makes about 12 cups; the cook counts 1 cup as a serve, so have 2 cups for a main meal. Keeps 4 days in the fridge; it freezes best without the noodles, so add fresh shirataki when reheating.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
97 kcal	**11 g**	**5.4 g**
400 kJ	21% of a day	3.4 g net · 1.9 g sugars
		2% of a day

FIBRE	FAT	SODIUM
1.9 g	**3.7 g**	**820 mg**
7% of a day	0.6 g saturated	36% of a day
	5% of a day	

Energy from net carbs 15% · protein 48% · fat 37% — low carb (under 26% of the energy from carbs)

Source of (10–19%) Selenium 17% · Vitamin B6 14% · Vitamin A 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=ORRldfYTSaQ, published 2 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chicken-shirataki-noodle-soup