

2-Step Creamy Chicken and Pasta

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce condensed cream of potato soup your favorite canned
- 1 pound chicken breast boneless skinless
- 16 ounce savory vegetable frozen
- 1 tablespoon vegetable oil
- 0.5 cup water

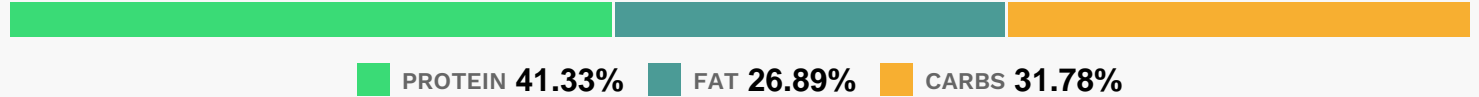
Equipment

- frying pan

Directions

- Heat oil in skillet.
- Add chicken and cook until browned, stirring often.
- Add vegetable pasta blend, soup and water.
- Heat to a boil. Cover and cook over low heat 10 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:4.83, Inflammation Score:-10, Nutrition Score:22.582608834557%

Nutrients (% of daily need)

Calories: 276.86kcal (13.84%), Fat: 8.36g (12.86%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 17.39g (6.32%), Sugar: 1.29g (1.43%), Cholesterol: 76.38mg (25.46%), Sodium: 647.26mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Vitamin A: 5844.18IU (116.88%), Vitamin B3: 13.57mg (67.87%), Selenium: 38.19µg (54.56%), Vitamin B6: 0.98mg (49.05%), Phosphorus: 333.23mg (33.32%), Manganese: 0.52mg (26.11%), Vitamin B5: 2.33mg (23.34%), Potassium: 743.02mg (21.23%), Fiber: 4.84g (19.36%), Vitamin C: 13.15mg (15.94%), Vitamin B1: 0.23mg (15.48%), Copper: 0.29mg (14.66%), Magnesium: 57.76mg (14.44%), Vitamin B2: 0.23mg (13.64%), Zinc: 1.55mg (10.35%), Iron: 1.79mg (9.93%), Folate: 38.95µg (9.74%), Vitamin K: 7.32µg (6.97%), Calcium: 47.1mg (4.71%), Vitamin B12: 0.26µg (4.29%), Vitamin E: 0.55mg (3.65%)