



25-Minute Chicken and Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce natural chicken broth swanson® canned
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.5 teaspoon basil leaves dried crushed
- ☐ 2 cups extra wide egg noodles uncooked
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 cups vegetable combination frozen (broccoli, cauliflower, carrots)

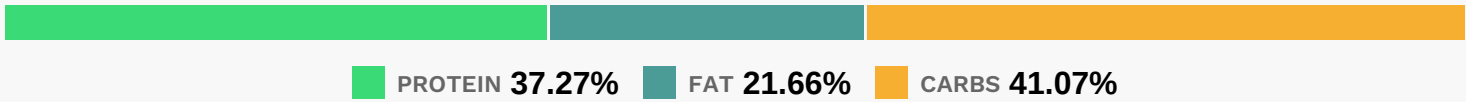
Equipment

- ☐ frying pan

Directions

- ☐ Mix broth, basil, pepper and vegetables in skillet.
- ☐ Heat to a boil. Cover and cook over low heat 5 minutes.
- ☐ Stir in noodles. Cover and cook 5 minutes.
- ☐ Add chicken and heat through.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:17.118695837%

Nutrients (% of daily need)

Calories: 254.5kcal (12.73%), Fat: 6.17g (9.5%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 22g (8%), Sugar: 0.79g (0.87%), Cholesterol: 70.44mg (23.48%), Sodium: 467.49mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin A: 4664.72IU (93.29%), Selenium: 32.96µg (47.09%), Vitamin B3: 7.28mg (36.4%), Phosphorus: 238.29mg (23.83%), Manganese: 0.46mg (23.11%), Vitamin B6: 0.42mg (20.86%), Fiber: 4.33g (17.32%), Vitamin B2: 0.26mg (15.15%), Vitamin B1: 0.21mg (13.85%), Zinc: 1.92mg (12.78%), Iron: 2.26mg (12.56%), Magnesium: 49.55mg (12.39%), Potassium: 421.56mg (12.04%), Vitamin C: 9.47mg (11.47%), Vitamin B5: 1.01mg (10.13%), Copper: 0.2mg (9.96%), Folate: 35.8µg (8.95%), Vitamin B12: 0.28µg (4.63%), Calcium: 44.85mg (4.48%), Vitamin K: 2.34µg (2.23%)