



## Angel Chicken

READY IN



250 min.

SERVINGS



10

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 lb angel hair pasta uncooked
- 10 oz cream of mushroom soup reduced-sodium canned
- 4 oz philadelphia cream cheese softened ()
- 0.3 cup cooking wine dry white
- 2 Tbsp parsley fresh chopped
- 1.5 lb chicken thighs boneless skinless cut into bite-size pieces
- 0.3 cup tuscan house dressing italian kraft

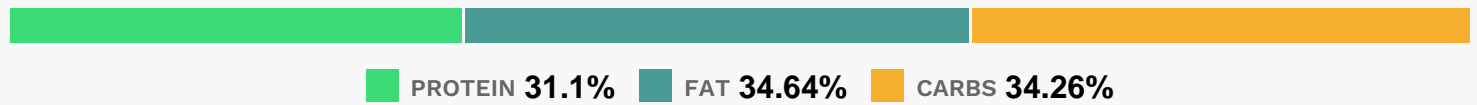
## Equipment

- whisk
- slow cooker

## Directions

- Whisk first 4 ingredients until blended; pour over chicken in slow cooker. Cook on LOW 4 to 5 hours (or on HIGH 2 to 3 hours).
- Cook pasta as directed on package, omitting salt; drain.
- Serve topped with chicken mixture; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:11.6, Glycemic Load:7.01, Inflammation Score:-3, Nutrition Score:10.053478178771%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

## Nutrients (% of daily need)

Calories: 241.38kcal (12.07%), Fat: 8.97g (13.79%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 19.14g (6.96%), Sugar: 1.73g (1.92%), Cholesterol: 77.51mg (25.84%), Sodium: 357.58mg (15.55%), Alcohol: 0.62g (100%), Alcohol %: 0.55% (100%), Protein: 18.11g (36.23%), Selenium: 30.81µg (44.01%), Vitamin B3: 4.48mg (22.38%), Phosphorus: 192.85mg (19.29%), Vitamin B6: 0.36mg (18.01%), Vitamin K: 18.01µg (17.15%), Manganese: 0.32mg (15.76%), Zinc: 1.74mg (11.61%), Vitamin B2: 0.18mg (10.52%), Vitamin B5: 1.04mg (10.38%), Vitamin B12: 0.51µg (8.43%), Copper: 0.16mg (8.24%), Potassium: 281.37mg (8.04%), Magnesium: 31.95mg (7.99%), Iron: 1.13mg (6.27%), Vitamin B1: 0.09mg (6.14%), Vitamin A: 234.76IU (4.7%), Fiber: 0.81g (3.23%), Folate: 11.02µg (2.76%), Calcium: 25.37mg (2.54%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.03mg (1.25%)