



## Campbell's® Chicken Broccoli Twist

READY IN



30 min.

SERVINGS



5

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli flowerets
- 2 medium carrots sliced
- 9 ounce premium chicken breast in water chunk drained swanson® canned
- 1.8 cups chicken stock see swanson®
- 10.8 ounce campbell's® condensed cream of broccoli soup canned
- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 0.3 cup parmesan cheese grated
- 3 cups soup noodles corkscrew-shaped uncooked

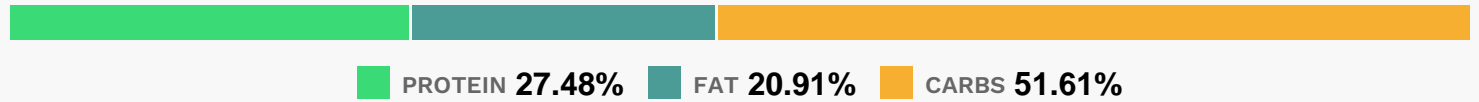
## Equipment

- sauce pan
- colander

## Directions

- Prepare the pasta according to the package directions in a 3-quart saucepan, without salt.
- Add the broccoli and carrots for the last 5 minutes of the cooking time.
- Drain the pasta and vegetables well in a colander. Return the pasta and vegetables to the saucepan.
- Stir the soup, stock, garlic powder, black pepper and chicken in the saucepan. Cook over medium heat until the mixture is hot and bubbling.
- Sprinkle with the cheese.

## Nutrition Facts



## Properties

Glycemic Index:31.57, Glycemic Load:12.07, Inflammation Score:-10, Nutrition Score:22.667391414228%

## Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 311.12kcal (15.56%), Fat: 7.19g (11.06%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 36.73g (13.36%), Sugar: 4.88g (5.43%), Cholesterol: 46.23mg (15.41%), Sodium: 612.32mg (26.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.52%), Vitamin A: 4529.07IU (90.58%), Selenium: 44.83µg (64.04%), Vitamin K: 50.17µg (47.78%), Vitamin C: 33.75mg (40.91%), Vitamin B3: 7.9mg (39.49%), Vitamin B6: 0.6mg (30.01%), Manganese: 0.59mg (29.57%), Phosphorus: 282.28mg (28.23%), Potassium: 624.02mg (17.83%), Vitamin B5: 1.73mg (17.33%), Vitamin B2: 0.24mg (14.2%), Copper: 0.27mg (13.34%), Magnesium: 51.46mg (12.86%), Fiber: 3.2g (12.78%), Folate: 41.35µg (10.34%), Vitamin B1: 0.15mg (10.24%), Calcium: 101.85mg (10.18%), Vitamin E: 1.48mg (9.83%), Zinc: 1.43mg (9.55%), Iron: 1.53mg (8.52%), Vitamin B12: 0.19µg (3.23%)