



## Cheesy Chicken-Pasta Stew

READY IN



25 min.

SERVINGS



5

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon canola oil
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 cup skim milk fat-free (skim)
- 3 ounces cream cheese softened
- 1 pound soup noodles frozen
- 2 tablespoons spring onion fresh chopped

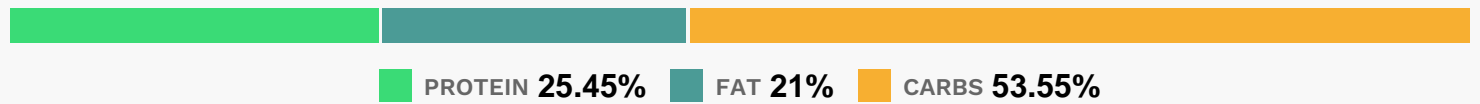
### Equipment

- frying pan

## Directions

- Heat oil in 12-inch nonstick skillet over medium-high heat. Cook chicken in butter 4 to 5 minutes, stirring occasionally, until brown.
- Stir in milk and cream cheese. Cook, stirring frequently, until cheese is melted.
- Stir in frozen pasta and vegetable mixture.
- Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 3 to 7 minutes or until pasta and vegetables are tender.
- Sprinkle with chives or green onions.

## Nutrition Facts



## Properties

Glycemic Index:26.85, Glycemic Load:28.32, Inflammation Score:-6, Nutrition Score:20.410869520643%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 541.7kcal (27.08%), Fat: 12.41g (19.1%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 71.25g (23.75%), Net Carbohydrates: 68.29g (24.83%), Sugar: 5.59g (6.21%), Cholesterol: 76.71mg (25.57%), Sodium: 184.56mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.72%), Selenium: 88.82µg (126.89%), Vitamin B3: 11.09mg (55.45%), Phosphorus: 433.49mg (43.35%), Manganese: 0.85mg (42.63%), Vitamin B6: 0.85mg (42.39%), Magnesium: 79.56mg (19.89%), Vitamin B5: 1.96mg (19.57%), Potassium: 648.87mg (18.54%), Vitamin B2: 0.25mg (14.73%), Copper: 0.29mg (14.64%), Zinc: 2.12mg (14.13%), Fiber: 2.97g (11.86%), Vitamin B1: 0.17mg (11.49%), Calcium: 106.49mg (10.65%), Iron: 1.57mg (8.72%), Vitamin B12: 0.5µg (8.38%), Vitamin A: 379.54IU (7.59%), Vitamin K: 7.59µg (7.23%), Vitamin E: 0.92mg (6.14%), Folate: 24µg (6%), Vitamin D: 0.63µg (4.2%), Vitamin C: 1.54mg (1.87%)