



Cheesy Chicken-Pasta Stew

READY IN



25 min.

SERVINGS



5

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

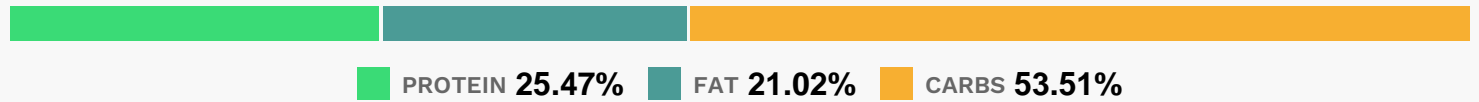
Equipment

- 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:29.45, Glycemic Load:28.29, Inflammation Score:-6, Nutrition Score:20.325652277988%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 541.29kcal (27.06%), Fat: 12.42g (19.11%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 71.13g (23.71%), Net Carbohydrates: 68.19g (24.8%), Sugar: 5.56g (6.18%), Cholesterol: 76.71mg (25.57%), Sodium: 184.21mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.71%), Selenium: 88.82µg (126.88%), Vitamin B3: 11.09mg (55.43%), Phosphorus: 433.29mg (43.33%), Manganese: 0.85mg (42.67%), Vitamin B6: 0.85mg (42.4%), Magnesium: 79.58mg (19.9%), Vitamin B5: 1.96mg (19.6%), Potassium: 645.8mg (18.45%), Vitamin B2: 0.25mg (14.7%), Copper: 0.29mg (14.63%), Zinc: 2.12mg (14.12%), Fiber: 2.93g (11.73%), Vitamin B1: 0.17mg (11.47%), Calcium: 105.87mg (10.59%), Iron: 1.55mg (8.63%), Vitamin B12: 0.5µg (8.38%), Vitamin A: 407.85IU (8.16%), Vitamin E: 0.91mg (6.07%), Folate: 23.73µg (5.93%), Vitamin K: 5.18µg (4.94%), Vitamin D: 0.63µg (4.2%), Vitamin C: 1.79mg (2.16%)