



Cheesy Chicken with Egg Noodles

READY IN



30 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli frozen chopped
- 4 oz philadelphia cream cheese cubed ()
- 3 cups extra wide egg noodles uncooked
- 0.5 cup chicken broth fat-free reduced-sodium
- 0.3 cup real mayo mayonnaise kraft
- 1 cup sharp cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

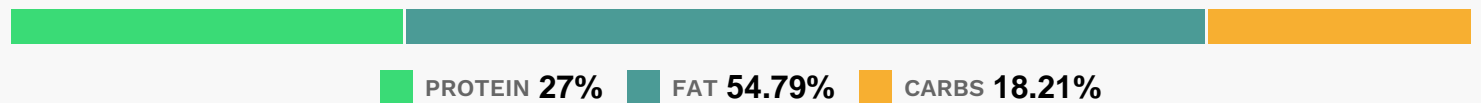
Equipment

- frying pan
- sauce pan

Directions

- Bring large saucepan of water to boil on high heat.
- Add noodles and chicken; cook 8 min. or until chicken is done and noodles are tender, adding broccoli to the boiling water for the last 6 min.
- Drain.
- Return noodle mixture to pan.
- Add broth, cream cheese and mayo; mix well. Bring just to boil on medium-low heat; cook 2 to 3 min. or until cream cheese is completely melted and sauce is well blended, stirring constantly.
- Add shredded cheese; cook and stir 1 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:6.49, Inflammation Score:-6, Nutrition Score:18.05043468268%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 376.33kcal (18.82%), Fat: 22.83g (35.12%), Saturated Fat: 9.21g (57.58%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.68g (5.7%), Sugar: 1.71g (1.9%), Cholesterol: 106.19mg (35.4%), Sodium: 420.52mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Selenium: 47.48µg (67.83%), Vitamin K: 46.23µg (44.03%), Vitamin B3: 8.6mg (43.02%), Vitamin B6: 0.69mg (34.28%), Phosphorus: 334.43mg (33.44%), Vitamin C: 27.07mg (32.82%), Calcium: 177.2mg (17.72%), Vitamin B5: 1.64mg (16.43%), Vitamin B2: 0.26mg (15.25%), Vitamin A: 665.81IU (13.32%), Potassium: 465.76mg (13.31%), Manganese: 0.24mg (12.1%), Zinc: 1.73mg (11.51%), Magnesium: 43.9mg (10.98%), Folate: 33.33µg (8.33%), Vitamin B12: 0.5µg (8.28%), Vitamin B1: 0.11mg (7.57%), Vitamin E: 1.05mg (7.02%), Fiber: 1.39g (5.56%), Copper: 0.11mg (5.31%), Iron: 0.95mg (5.29%), Vitamin D: 0.26µg (1.76%)