



Chicken and Mushroom Dijon

READY IN



25 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups broccoli florets
- ☐ 2 tablespoons butter
- ☐ 10.8 ounce campbell's® condensed cream of chicken & broccoli soup canned
- ☐ 4 cups extra wide egg noodles hot cooked
- ☐ 0.3 cup milk
- ☐ 1.5 cups mushrooms sliced
- ☐ 2 tablespoons mustard dijon-style
- ☐ 4 chicken breasts boneless skinless

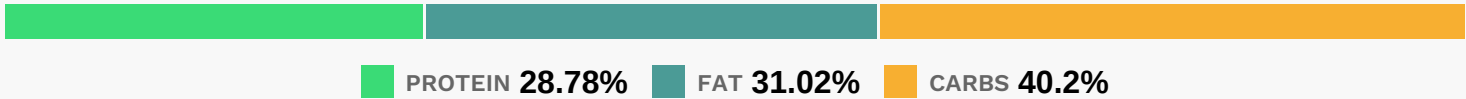
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon butter in skillet.
- ☐ Add chicken and cook until browned.
- ☐ Remove chicken.
- ☐ Heat remaining butter.
- ☐ Add broccoli and mushrooms and cook until tender.
- ☐ Add soup, milk and mustard.
- ☐ Heat to a boil.
- ☐ Add chicken. Cover and cook over low heat 5 minutes or until done.
- ☐ Serve with noodles.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:22.51, Inflammation Score:-7, Nutrition Score:26.496956576472%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 501.77kcal (25.09%), Fat: 17.26g (26.55%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 46.83g (17.03%), Sugar: 3.18g (3.54%), Cholesterol: 126.65mg (42.22%), Sodium: 841.3mg (36.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.05%), Selenium: 82.89µg (118.41%), Vitamin B3: 14.3mg (71.51%), Vitamin B6: 1.03mg (51.61%), Phosphorus: 461.11mg (46.11%), Vitamin C: 32.67mg (39.6%), Vitamin K: 38.32µg (36.49%), Manganese: 0.69mg (34.66%), Vitamin B5: 3mg (29.97%), Vitamin B2: 0.39mg (23.13%), Potassium: 775.61mg (22.16%), Copper: 0.42mg (21.09%), Magnesium: 82.07mg (20.52%), Zinc:

2.35mg (15.69%), Iron: 2.73mg (15.19%), Vitamin A: 699.18IU (13.98%), Fiber: 3.49g (13.96%), Vitamin B1: 0.21mg (13.8%), Folate: 45.46µg (11.36%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.47µg (7.9%), Calcium: 78.22mg (7.82%), Vitamin D: 0.51µg (3.42%)