



Chicken and Noodles Skillet

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 0.5 cup onion chopped
- ☐ 1 cup baby carrots
- ☐ 1 cup broccoli frozen (from 1-lb bag)
- ☐ 2 oz extra wide egg noodles uncooked
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 10.8 oz cream of chicken soup canned

☐ 1 serving parsley fresh chopped

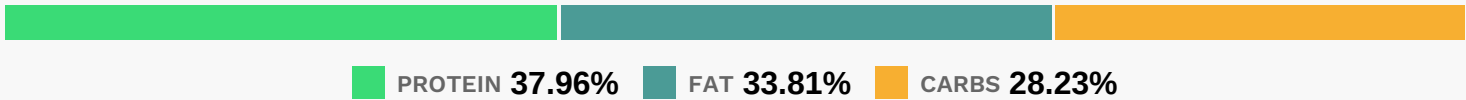
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken and onion in oil 6 to 8 minutes, stirring frequently, until browned and onion is just tender.
- ☐ Stir in remaining ingredients except parsley.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 minutes. Uncover and simmer 5 to 8 minutes longer, stirring occasionally, until noodles are tender.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:7.29, Inflammation Score:-10, Nutrition Score:24.522608528966%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 315.54kcal (15.78%), Fat: 11.73g (18.05%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 19.7g (7.16%), Sugar: 3.87g (4.3%), Cholesterol: 92.63mg (30.88%), Sodium: 1084.38mg (47.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.63g (59.26%), Vitamin A: 4818.03IU (96.36%), Selenium: 50.25µg (71.79%), Vitamin B3: 13mg (65.02%), Vitamin K: 51.6µg (49.14%), Vitamin B6: 0.98mg (48.85%), Phosphorus: 329.89mg (32.99%), Vitamin C: 24.7mg (29.94%), Vitamin B5: 2.18mg (21.84%), Potassium: 690.1mg (19.72%), Manganese: 0.36mg (17.96%), Vitamin B2: 0.27mg (15.62%), Magnesium: 52.1mg (13.03%), Copper: 0.24mg (11.89%), Iron: 2.12mg (11.77%), Vitamin B1: 0.16mg (10.9%), Folate: 37.99µg (9.5%), Zinc: 1.41mg (9.41%), Fiber: 2.34g (9.36%), Vitamin E: 1.18mg (7.88%), Calcium: 51.97mg (5.2%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.16µg (1.04%)