



Chicken Chow Mein

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 rib celery chopped
- ☐ 5 ounce chow mein noodles canned
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 21.5 ounce cream of mushroom soup undiluted canned
- ☐ 1 medium size bell pepper green chopped
- ☐ 1 medium onion chopped
- ☐ 2 ounce pimientos diced undrained

- ☐ 1 cup cashew pieces salted
- ☐ 0.3 cup soya sauce

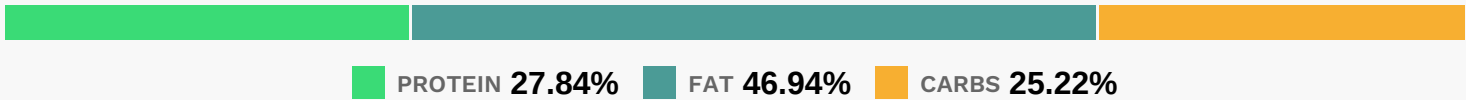
Equipment

- ☐ frying pan

Directions

- ☐ Cook butter in a large skillet over medium-high heat, stirring often, until lightly browned.
- ☐ Add chicken and next 6 ingredients; cook, stirring often, 10 to 12 minutes.
- ☐ Serve over noodles, and sprinkle with salted cashews.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:19.326521635056%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 521.09kcal (26.05%), Fat: 27.34g (42.07%), Saturated Fat: 6.6g (41.28%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 29.95g (10.89%), Sugar: 3.3g (3.67%), Cholesterol: 75.08mg (25.03%), Sodium: 1716.54mg (74.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.49g (72.98%), Vitamin B3: 9.16mg (45.81%), Copper: 0.8mg (40.12%), Selenium: 25.82µg (36.89%), Phosphorus: 346.67mg (34.67%), Vitamin C: 27.16mg (32.93%), Manganese: 0.61mg (30.73%), Vitamin B6: 0.59mg (29.68%), Zinc: 3.94mg (26.24%), Iron: 4.5mg (25%), Magnesium: 94.76mg (23.69%), Potassium: 576.22mg (16.46%), Vitamin B2: 0.28mg (16.45%), Vitamin B5: 1.47mg (14.67%), Vitamin A: 703.48IU (14.07%), Fiber: 3.11g (12.42%), Vitamin B1: 0.15mg (10.16%), Vitamin K: 10.57µg (10.07%), Folate: 35.68µg (8.92%), Vitamin B12: 0.44µg (7.38%), Vitamin E: 0.66mg (4.41%), Calcium: 37.37mg (3.74%)