



## Chicken Curry

READY IN



20 min.

SERVINGS



5

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 1 teaspoons curry powder
- 2 cups milk
- 1 box soup noodles tuna helper®
- 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- 1.8 cups water hot

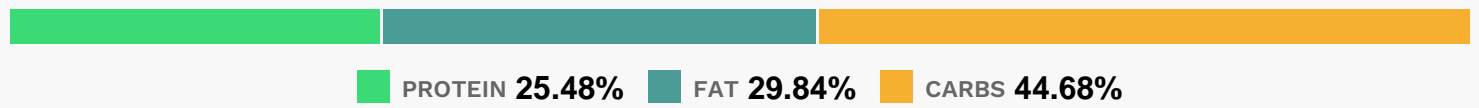
### Equipment

- frying pan

## Directions

- In 10-inch skillet, stir together uncooked Pasta, Sauce
- Mix, hot water, milk, butter, chicken and curry powder.
- Heat to boiling, stirring occasionally.
- Reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat; uncover (sauce will thicken).
- Sprinkle with peanuts.

## Nutrition Facts



## Properties

Glycemic Index:17, Glycemic Load:28.75, Inflammation Score:-5, Nutrition Score:13.949130362143%

## Nutrients (% of daily need)

Calories: 649.5kcal (32.47%), Fat: 21.41g (32.93%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 72.11g (24.04%), Net Carbohydrates: 69.1g (25.13%), Sugar: 7.12g (7.92%), Cholesterol: 102.56mg (34.19%), Sodium: 482.25mg (20.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.11g (82.23%), Selenium: 58.8µg (84%), Manganese: 0.85mg (42.32%), Phosphorus: 272.68mg (27.27%), Magnesium: 61.6mg (15.4%), Calcium: 146.75mg (14.67%), Copper: 0.28mg (13.88%), Fiber: 3.01g (12.05%), Vitamin B2: 0.19mg (11.41%), Vitamin A: 568.05IU (11.36%), Zinc: 1.69mg (11.29%), Potassium: 358.04mg (10.23%), Vitamin B6: 0.19mg (9.65%), Vitamin B1: 0.14mg (9.19%), Vitamin B12: 0.54µg (8.97%), Vitamin B3: 1.65mg (8.24%), Vitamin B5: 0.76mg (7.61%), Vitamin D: 1.07µg (7.16%), Iron: 1.29mg (7.16%), Folate: 16.93µg (4.23%), Vitamin E: 0.59mg (3.92%)