



Chicken Stroganoff

READY IN



25 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces broad egg noodles
- ☐ 1 tablespoon butter
- ☐ 2 chicken breast halves cooked cut into 1-inch pieces 2 cups
- ☐ 2 tablespoons freshly chives chopped
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 8 ounces mushrooms sliced any variety and/or combination

- ☐ 0.5 cup onion chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 teaspoons worcestershire sauce

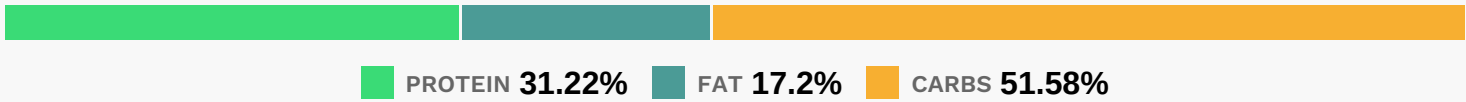
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook egg noodles according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium-high heat.
- ☐ Add onion and cook 3 minutes until soft.
- ☐ Add mushrooms and cook 3 minutes, until mushrooms soften.
- ☐ Add thyme and cook 1 minute, until fragrant. Stir in chicken.
- ☐ Add wine and simmer 1 minute. In a small bowl, whisk together broth, cornstarch and Worcestershire sauce.
- ☐ Add mixture to pan and bring to a simmer. Simmer 2 minutes, until mixture thickens. Stir in cooked noodles and toss to combine. Season to taste with salt and black pepper.
- ☐ Transfer to a serving platter and top with chives.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:26.28, Inflammation Score:-7, Nutrition Score:24.126521680666%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin:

2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 563.53kcal (28.18%), Fat: 10.29g (15.82%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 65.53g (23.83%), Sugar: 3.98g (4.42%), Cholesterol: 152.07mg (50.69%), Sodium: 164.81mg (7.17%), Alcohol: 3.15g (100%), Alcohol %: 1.15% (100%), Protein: 42.01g (84.03%), Selenium: 96.29µg (137.56%), Vitamin B3: 16.5mg (82.51%), Phosphorus: 477.87mg (47.79%), Manganese: 0.83mg (41.69%), Vitamin B6: 0.79mg (39.62%), Copper: 0.53mg (26.31%), Vitamin B2: 0.43mg (25.51%), Vitamin B5: 2.49mg (24.89%), Magnesium: 83.86mg (20.97%), Potassium: 720.66mg (20.59%), Zinc: 2.92mg (19.44%), Iron: 3.48mg (19.31%), Vitamin B1: 0.26mg (17.65%), Fiber: 3.9g (15.58%), Folate: 44.16µg (11.04%), Vitamin B12: 0.63µg (10.44%), Vitamin K: 8.68µg (8.27%), Calcium: 61.99mg (6.2%), Vitamin C: 4.06mg (4.92%), Vitamin A: 236.37IU (4.73%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.45µg (3.03%)