



Chicken Stroganoff

READY IN



1 min.

SERVINGS



8

CALORIES



443 kcal

Ingredients

- 2 pounds chicken breasts and/or thighs boneless skinless
- 21.5 ounce cream of mushroom soup with roasted garlic canned
- 8 ounce carton dairy cream sour
- 1 cup onion chopped
- 0.3 cup water
- 12 ounces wide egg noodles dried

Equipment

- bowl
- slow cooker

Directions

- Cut chicken into 1-inch pieces. In a 3-1/2- or 4-quart slow cooker combine the chicken pieces and onion. In a medium bowl stir together the soup and water.
- Pour over chicken and onion.
- Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-1/2 hours.
- Cook noodles according to package directions.
- Drain. Just before serving, stir sour cream into mixture in cooker. To serve, spoon stroganoff mixture over hot cooked noodles. If desired, sprinkle with black pepper. Makes 6 to 8 servings.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:13.13, Inflammation Score:-6, Nutrition Score:20.24521731812%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg 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: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 443.43kcal (22.17%), Fat: 16.91g (26.01%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 35.05g (12.74%), Sugar: 2.48g (2.75%), Cholesterol: 144.14mg (48.05%), Sodium: 689.6mg (29.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.25%), Selenium: 70.75µg (101.07%), Vitamin B3: 13.45mg (67.24%), Vitamin B6: 1.01mg (50.28%), Phosphorus: 384.96mg (38.5%), Manganese: 0.64mg (31.76%), Vitamin B5: 2.25mg (22.45%), Potassium: 675.46mg (19.3%), Zinc: 2.42mg (16.1%), Copper: 0.32mg (16.09%), Magnesium: 63.56mg (15.89%), Vitamin B2: 0.26mg (15.06%), Vitamin B1: 0.17mg (11.66%), Iron: 1.83mg (10.17%), Vitamin A: 477.52IU (9.55%), Vitamin B12: 0.52µg (8.62%), Fiber: 1.9g (7.58%), Folate: 27.14µg (6.78%), Calcium: 47.21mg (4.72%), Vitamin D: 0.69µg (4.63%), Vitamin E: 0.64mg (4.25%), Vitamin C: 3.01mg (3.65%), Vitamin K: 1.43µg (1.36%)