



Chicken Tetrazzini with a Twist

READY IN



35 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium carrots shredded
- 9 ounce chicken breast chunk drained swanson® canned
- 10.8 ounce cream of mushroom soup healthy request® canned
- 0.3 cup cream sour low-fat
- 0.3 cup milk
- 1 tablespoon olive oil
- 1 small onion chopped
- 2 tablespoons parmesan cheese grated
- 3 cups soup noodles corkscrew-shaped uncooked

1 medium zucchini shredded

Equipment

pot

colander

Directions

Cook pasta according to package directions, omitting salt.

Add zucchini and carrot for last 1 minute of cooking time.

Drain in colander.

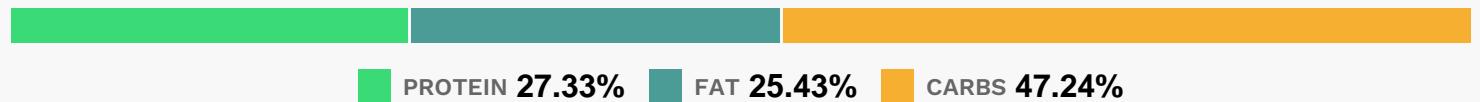
Heat oil in same saucepot.

Add onion and cook until tender.

Add soup, milk, sour cream, cheese, chicken and pasta mixture.

Heat through.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:14.78, Inflammation Score:-9, Nutrition Score:19.886521562286%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 377.89kcal (18.89%), Fat: 10.58g (16.28%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 41.42g (15.06%), Sugar: 4.66g (5.18%), Cholesterol: 53.67mg (17.89%), Sodium: 693.56mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.17%), Selenium: 50.66µg (72.38%), Vitamin A: 2758.63IU (55.17%), Vitamin B3: 8.52mg (42.61%), Manganese: 0.78mg (39.23%), Vitamin B6: 0.71mg (35.41%), Phosphorus: 311.59mg (31.16%), Potassium: 692.58mg (19.79%), Copper: 0.34mg (17.14%), Magnesium: 62.31mg (15.58%), Zinc: 2.31mg (15.39%), Vitamin B5: 1.48mg (14.76%), Vitamin C: 11.86mg (14.38%), Vitamin B2: 0.24mg

(14.3%), Fiber: 2.81g (11.23%), Vitamin B1: 0.15mg (10.11%), Calcium: 93.75mg (9.37%), Iron: 1.66mg (9.22%), Folate: 35.7µg (8.92%), Vitamin B12: 0.43µg (7.1%), Vitamin K: 6.63µg (6.31%), Vitamin E: 0.9mg (6.01%), Vitamin D: 0.27µg (1.82%)