



Chicken with a Twist

READY IN



25 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cheddar cheese soup canned
- 1.5 cups meat from a rotisserie chicken cubed cooked
- 4 cups soup noodles hot corkscrew-shaped cooked
- 0.5 teaspoon garlic powder
- 0.3 cup milk
- 1 cup picante sauce pace®
- 8.8 ounce kernel corn whole drained canned

Equipment

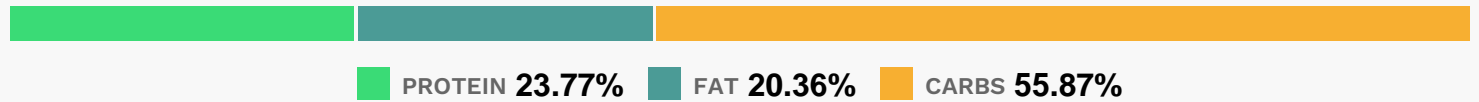
pot

Directions

Mix soup, picante sauce, milk, garlic, corn, chicken and pasta in saucepot.

Heat through.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:16.84, Inflammation Score:-6, Nutrition Score:13.834782533024%

Nutrients (% of daily need)

Calories: 410.17kcal (20.51%), Fat: 9.15g (14.07%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 52.53g (19.1%), Sugar: 5.1g (5.67%), Cholesterol: 44.25mg (14.75%), Sodium: 973.29mg (42.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Selenium: 44.9µg (64.14%), Vitamin B3: 5.84mg (29.19%), Manganese: 0.5mg (24.99%), Phosphorus: 232.13mg (23.21%), Potassium: 783.29mg (22.38%), Vitamin B6: 0.4mg (20.14%), Fiber: 3.93g (15.71%), Iron: 2.57mg (14.28%), Vitamin A: 665.27IU (13.31%), Magnesium: 50.87mg (12.72%), Zinc: 1.77mg (11.83%), Copper: 0.21mg (10.55%), Vitamin B2: 0.15mg (8.96%), Vitamin B5: 0.83mg (8.33%), Folate: 31.61µg (7.9%), Calcium: 77.4mg (7.74%), Vitamin B1: 0.1mg (6.55%), Vitamin E: 0.87mg (5.82%), Vitamin B12: 0.23µg (3.91%), Vitamin C: 2.29mg (2.78%), Vitamin K: 2.78µg (2.64%), Vitamin D: 0.17µg (1.12%)