



## Chili Chicken Pasta Topper

READY IN



20 min.

SERVINGS



4

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon chili powder
- 10.8 ounce campbell's® condensed cream of chicken with herbs soup canned
- 4 cups soup noodles hot corkscrew-shaped cooked
- 0.5 teaspoon garlic powder
- 0.5 cup milk
- 2 tablespoons parmesan cheese grated
- 1 pound chicken breast boneless skinless cubed
- 1 tablespoon vegetable oil

# Equipment

frying pan

# Directions

- Heat oil in skillet.
- Add chicken and cook until browned, stirring often.
- Add soup, milk, cheese, chili powder and garlic and heat through.
- Serve over pasta.

# Nutrition Facts



**PROTEIN 31.69%** **FAT 28%** **CARBS 40.31%**

# Properties

Glycemic Index:33.63, Glycemic Load:19.46, Inflammation Score:-5, Nutrition Score:19.317825856416%

# Nutrients (% of daily need)

Calories: 445.03kcal (22.25%), Fat: 13.58g (20.89%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 41.65g (15.14%), Sugar: 2.58g (2.87%), Cholesterol: 84.5mg (28.17%), Sodium: 731.33mg (31.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.14%), Selenium: 70.4µg (100.57%), Vitamin B3: 12.69mg (63.46%), Vitamin B6: 0.94mg (47.21%), Phosphorus: 379.61mg (37.96%), Manganese: 0.46mg (23.13%), Vitamin B5: 2.02mg (20.23%), Potassium: 573.18mg (16.38%), Iron: 2.85mg (15.84%), Magnesium: 59.25mg (14.81%), Vitamin B2: 0.23mg (13.41%), Copper: 0.25mg (12.7%), Zinc: 1.74mg (11.63%), Vitamin K: 10.27µg (9.78%), Fiber: 2.32g (9.29%), Calcium: 86.12mg (8.61%), Vitamin B1: 0.13mg (8.44%), Vitamin E: 1.2mg (7.98%), Vitamin A: 391.97IU (7.84%), Vitamin B12: 0.43µg (7.09%), Folate: 14.75µg (3.69%), Vitamin D: 0.46µg (3.08%), Vitamin C: 1.45mg (1.75%)