



## Creamed Chicken with Noodles

READY IN



30 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 0.5 cup celery thinly sliced
- 2 cups chicken breast cooked chopped
- 0.3 teaspoon rubbed sage dried
- 0.3 teaspoon thyme leaves dried
- 1.3 cups less-sodium chicken broth fat-free
- 0.3 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh chopped
- 1.3 cups milk 1% low-fat

- 8 ounce pre- mushrooms
- 0.5 cup onion chopped
- 1 cup peas green frozen thawed
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 cup wide egg noodles uncooked

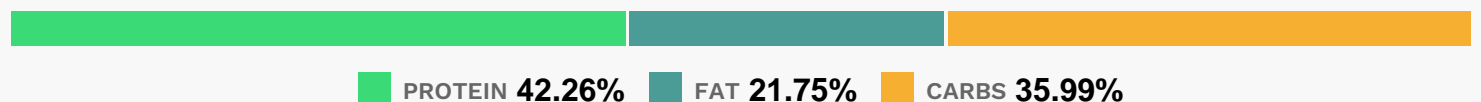
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Prepare pasta according to package directions, omitting salt and fat.
- While pasta cooks, combine flour and next 4 ingredients in a large bowl. Slowly whisk in broth and milk.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add mushrooms, onion, and celery; cook, stirring constantly, 6 minutes or until almost all liquid is absorbed and onion is tender. Stir in broth mixture; bring to a boil, reduce heat, and cook, stirring constantly, 4 minutes or until thick and bubbly.
- Add chicken and peas; cook 3 minutes or until thoroughly heated, stirring occasionally. Stir in parsley.
- Serve over hot cooked pasta.

## Nutrition Facts



## Properties

Glycemic Index:92.08, Glycemic Load:9.48, Inflammation Score:-8, Nutrition Score:24.320434964221%

## Flavonoids

Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## Nutrients (% of daily need)

Calories: 293.52kcal (14.68%), Fat: 7.08g (10.89%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 22.45g (8.16%), Sugar: 8.2g (9.11%), Cholesterol: 78.69mg (26.23%), Sodium: 703.75mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.85%), Vitamin K: 76.25µg (72.62%), Vitamin B3: 13.66mg (68.31%), Selenium: 38.69µg (55.27%), Phosphorus: 374.78mg (37.48%), Vitamin B6: 0.66mg (32.8%), Vitamin B2: 0.54mg (31.7%), Vitamin C: 22.58mg (27.37%), Vitamin B1: 0.33mg (22.11%), Vitamin B5: 2.11mg (21.1%), Potassium: 703.97mg (20.11%), Manganese: 0.4mg (19.92%), Vitamin A: 906.33IU (18.13%), Copper: 0.35mg (17.62%), Folate: 69.6µg (17.4%), Fiber: 3.88g (15.52%), Magnesium: 59.87mg (14.97%), Vitamin B12: 0.89µg (14.77%), Iron: 2.58mg (14.34%), Zinc: 2.11mg (14.09%), Calcium: 139.21mg (13.92%), Vitamin D: 1.02µg (6.82%), Vitamin E: 0.45mg (3%)