



## Creamy Chicken and Asparagus

READY IN



20 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 oz asparagus frozen
- 1.8 oz leek
- 2.5 cups water
- 2 cups shells uncooked
- 9 oz chicken breast strips/pre-cooked/chopped diced frozen cooked
- 1 cup cream sour
- 0.3 cup parmesan fresh shredded

### Equipment

sauce pan

## Directions

Cook asparagus as directed on package.

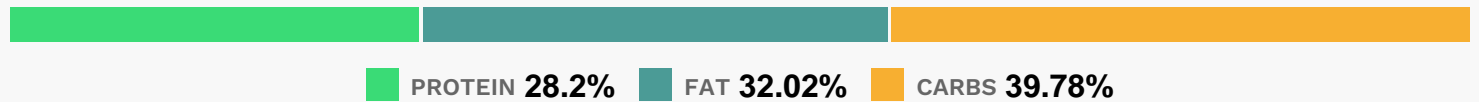
Meanwhile, in large saucepan, combine soup mix and water. Bring to a boil. Reduce heat to low.

Add pasta; simmer 8 to 10 minutes or until pasta is tender, stirring occasionally.

Add asparagus, chicken and sour cream; stir gently to mix. Cook 3 to 5 minutes or until thoroughly heated, stirring occasionally.

Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:15.93, Inflammation Score:-8, Nutrition Score:20.535217425098%

## Flavonoids

Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

## Nutrients (% of daily need)

Calories: 449.64kcal (22.48%), Fat: 15.92g (24.49%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 41.32g (15.02%), Sugar: 5.04g (5.6%), Cholesterol: 92.39mg (30.8%), Sodium: 179.37mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.08%), Selenium: 54.33µg (77.62%), Vitamin B3: 10.34mg (51.71%), Phosphorus: 364.64mg (36.46%), Vitamin K: 33.74µg (32.13%), Manganese: 0.64mg (31.95%), Vitamin B6: 0.57mg (28.54%), Vitamin A: 1115.32IU (22.31%), Vitamin B2: 0.31mg (18.46%), Calcium: 179.41mg (17.94%), Copper: 0.35mg (17.38%), Iron: 3.04mg (16.88%), Magnesium: 67.48mg (16.87%), Potassium: 504.23mg (14.41%), Folate: 56.77µg (14.19%), Zinc: 2.08mg (13.86%), Vitamin B1: 0.2mg (13.5%), Fiber: 3.17g (12.68%), Vitamin B5: 1.25mg (12.45%), Vitamin E: 1.3mg (8.65%), Vitamin B12: 0.41µg (6.88%), Vitamin C: 5.62mg (6.81%)