



Creamy Chicken and Noodles

READY IN



25 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter softened
- 3 cups meat from a rotisserie chicken cooked chopped
- 2 tablespoons parsley fresh chopped
- 0.3 cup parmesan cheese freshly grated
- 0.6 oz dressing mix italian
- 1 cup whipping cream
- 8 oz wide egg noodles

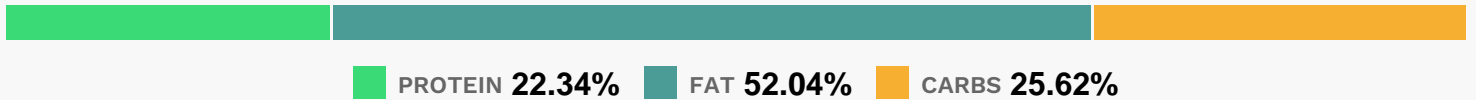
Equipment

frying pan

Directions

- Remove 1 Tbsp. Italian dressing mix from envelope, and set aside; reserve remaining mix for another use.
- Cook noodles according to package directions; drain well, and return noodles to pan.
- Stir in 2 Tbsp. butter, and toss to coat. Stir in chopped chicken, next 3 ingredients, and 1 Tbsp. dressing mix. Cook mixture over medium-high heat, tossing to coat evenly, 5 minutes or until thoroughly heated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:11.32, Inflammation Score:-6, Nutrition Score:14.396087034889%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 455.2kcal (22.76%), Fat: 26.2g (40.31%), Saturated Fat: 13.97g (87.29%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27.72g (10.08%), Sugar: 2.19g (2.44%), Cholesterol: 142.73mg (47.58%), Sodium: 202.97mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Selenium: 49.76µg (71.08%), Vitamin B3: 6.36mg (31.81%), Phosphorus: 277.24mg (27.72%), Vitamin K: 25.31µg (24.1%), Vitamin B6: 0.39mg (19.45%), Vitamin A: 901.24IU (18.02%), Manganese: 0.34mg (17.1%), Zinc: 2.09mg (13.91%), Vitamin B2: 0.23mg (13.46%), Vitamin B5: 1.15mg (11.5%), Magnesium: 41.76mg (10.44%), Iron: 1.71mg (9.53%), Potassium: 308.77mg (8.82%), Calcium: 87.97mg (8.8%), Copper: 0.16mg (8.04%), Vitamin B1: 0.12mg (7.91%), Vitamin B12: 0.44µg (7.34%), Fiber: 1.29g (5.17%), Vitamin D: 0.77µg (5.13%), Vitamin E: 0.71mg (4.71%), Folate: 18.47µg (4.62%), Vitamin C: 2.02mg (2.45%)