



## Creamy Chicken and Noodles

READY IN



45 min.

SERVINGS



4

CALORIES



836 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons butter
- 1 small carrots finely chopped
- 1 small rib celery finely chopped
- 1.5 cups chicken stock see homemade store-bought
- 2 tablespoons dijon mustard
- 0.5 cup cooking wine dry white
- 2 tablespoons evoo
- 3 tablespoons flour all-purpose
- 2 tablespoons optional: dill fresh chopped

- 2 tablespoons thyme leaves fresh finely chopped
- 0.5 cup heavy cream
- 2 leeks thinly sliced
- 9 servings grates nutmeg
- 4 servings salt and pepper black freshly ground
- 2 cups skin and bones removed cooked chopped
- 12 ounces mushrooms white sliced
- 0.5 pound extra-wide egg noodles

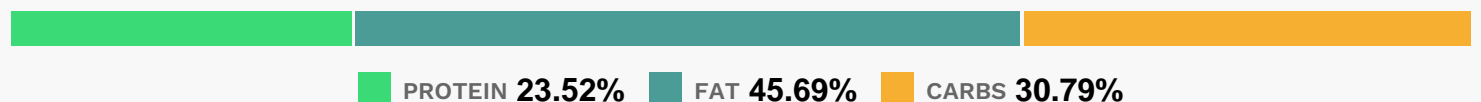
## Equipment

- frying pan
- pot

## Directions

- Heat the butter and EVOO in a large, deep skillet over medium to medium-high heat. Lightly brown the mushrooms, 10 to 12 minutes. Stir in the thyme, leeks, carrots and celery, and sprinkle with salt and pepper. Cook, partially covered, until the vegetables soften, 10 minutes.
- Sprinkle in the flour and stir 1 minute, and then pour in the wine, letting it absorb.
- Add the stock and bring to a bubble. Stir in the cream, season with a little nutmeg and let the sauce thicken a bit.
- Add the chicken and cook to heat through.
- Bring a pot of salted water to a boil and cook the noodles to al dente. Stir the Dijon mustard into the creamy chicken, and then combine the sauce with the noodles and chopped herbs.

## Nutrition Facts



## Properties

Glycemic Index:130.21, Glycemic Load:24.1, Inflammation Score:-10, Nutrition Score:27.045652306598%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## **Nutrients (% of daily need)**

Calories: 835.63kcal (41.78%), Fat: 41.99g (64.61%), Saturated Fat: 18.01g (112.57%), Carbohydrates: 63.67g (21.22%), Net Carbohydrates: 57.7g (20.98%), Sugar: 9.22g (10.25%), Cholesterol: 220.08mg (73.36%), Sodium: 741.84mg (32.25%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 48.64g (97.28%), Selenium: 60.63µg (86.61%), Vitamin A: 3804.72IU (76.09%), Manganese: 1.08mg (53.9%), Vitamin B2: 0.61mg (36.02%), Vitamin B3: 6.57mg (32.86%), Copper: 0.64mg (31.77%), Phosphorus: 309.37mg (30.94%), Vitamin K: 32.27µg (30.74%), Fiber: 5.96g (23.85%), Vitamin B6: 0.45mg (22.38%), Iron: 3.99mg (22.15%), Folate: 87.79µg (21.95%), Potassium: 758.69mg (21.68%), Vitamin B1: 0.32mg (21.17%), Magnesium: 83.45mg (20.86%), Vitamin B5: 2.08mg (20.76%), Vitamin C: 14.47mg (17.54%), Vitamin E: 2.32mg (15.47%), Zinc: 2.12mg (14.14%), Calcium: 113.28mg (11.33%), Vitamin D: 0.82µg (5.44%), Vitamin B12: 0.26µg (4.4%)