



Creamy Chicken and Noodles

READY IN



45 min.

SERVINGS



6

CALORIES



969 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 30 ounces chicken broth
- ☐ 16 ounce extra wide egg noodles
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup half-and-half
- ☐ 1 cup milk
- ☐ 0.3 cup onion chopped

- ☐ 3 pound rotisserie chicken cut cut into bite-size pieces
- ☐ 1 cup cup heavy whipping cream sour

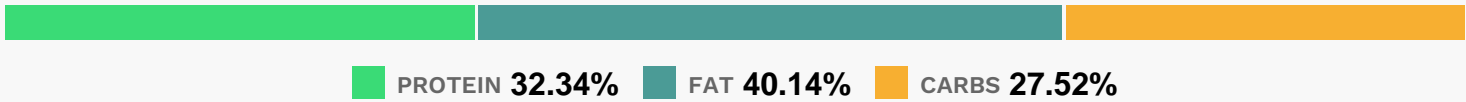
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- ☐ Drain and transfer to a large serving bowl.
- ☐ Melt butter in a large pot over medium heat; cook and stir onion and garlic in the hot butter until onion is translucent, about 5 minutes.
- ☐ Place flour, milk, and half-and-half in a jar with a lid and shake until flour has smoothly mixed with milk and half-and-half.
- ☐ Pour mixture into skillet and whisk until smooth and thick, about 5 minutes.
- ☐ Gradually whisk chicken broth into sauce and bring to a simmer, whisking constantly. Stir cooked chicken and sour cream into sauce, season with salt and black pepper, and mix with cooked noodles to serve.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:27.75, Inflammation Score:-5, Nutrition Score:16.877826276033%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 969.27kcal (48.46%), Fat: 43.32g (66.65%), Saturated Fat: 18.17g (113.59%), Carbohydrates: 66.81g (22.27%), Net Carbohydrates: 63.94g (23.25%), Sugar: 7.32g (8.13%), Cholesterol: 346.01mg (115.34%), Sodium: 1442.16mg (62.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.54g (157.07%), Selenium: 66.49µg (94.98%), Manganese: 0.81mg (40.63%), Phosphorus: 310.89mg (31.09%), Vitamin B2: 0.39mg (23.19%), Vitamin B1: 0.27mg (17.73%), Calcium: 171.81mg (17.18%), Magnesium: 61.02mg (15.26%), Vitamin A: 734.35IU (14.69%), Zinc: 2.09mg (13.94%), Copper: 0.28mg (13.77%), Vitamin B6: 0.25mg (12.62%), Vitamin B3: 2.49mg (12.43%), Vitamin B5: 1.16mg (11.6%), Fiber: 2.86g (11.46%), Potassium: 398.84mg (11.4%), Iron: 1.98mg (10.99%), Vitamin B12: 0.64µg (10.67%), Folate: 40.77µg (10.19%), Vitamin E: 0.83mg (5.54%), Vitamin D: 0.67µg (4.49%), Vitamin K: 2.5µg (2.38%), Vitamin C: 1.62mg (1.96%)