



Creamy Chicken and Peas Noodle Toss

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup milk colby & monterey jack cheeses shredded 2% divided kraft
- 10 oz cream of mushroom soup reduced-fat reduced-sodium canned
- 2 cups extra wide egg noodles uncooked
- 0.5 cup milk
- 2 oz philadelphia neufchatel cheese cubed ()
- 1 cup peas frozen
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces

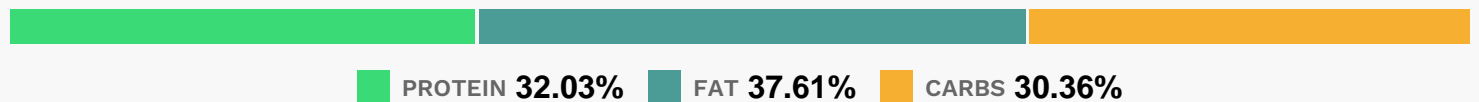
Equipment

- frying pan
- sauce pan

Directions

- Cook noodles in medium saucepan as directed on package.
- Meanwhile, cook chicken in medium nonstick skillet sprayed with cooking spray on medium-high heat 5 min. or until done, stirring occasionally.
- Add Neufchatel and milk; cook and stir 1 to 2 min. or until Neufchatel is melted and mixture is well blended.
- Add soup and peas; cook 5 min., stirring occasionally.
- Drain noodles; return to saucepan.
- Add chicken mixture and half the shredded cheese; cook until cheese is melted and mixture is well blended.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:2.7495652048484%

Nutrients (% of daily need)

Calories: 52.7kcal (2.63%), Fat: 2.19g (3.36%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.71g (0.79%), Cholesterol: 13.7mg (4.57%), Sodium: 117.23mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Selenium: 5.95µg (8.49%), Vitamin B3: 1.25mg (6.23%), Phosphorus: 56.05mg (5.61%), Vitamin B6: 0.09mg (4.74%), Manganese: 0.09mg (4.3%), Calcium: 30.16mg (3.02%), Vitamin C: 2.43mg (2.94%), Zinc: 0.43mg (2.85%), Vitamin B2: 0.05mg (2.73%), Potassium: 83.54mg (2.39%), Copper: 0.05mg (2.31%), Vitamin B5: 0.22mg (2.21%), Vitamin B1: 0.03mg (2.15%), Magnesium: 8.33mg (2.08%), Vitamin A: 102.2IU (2.04%), Fiber: 0.45g (1.81%), Vitamin B12: 0.1µg (1.67%), Folate: 6.6µg (1.65%), Iron: 0.28mg (1.55%), Vitamin K: 1.6µg (1.52%)