



Creamy Chicken and Vegetables with Noodles

READY IN



15 min.

SERVINGS



4

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz extra wide egg noodles uncooked
- 2 cups savory vegetable mixed frozen thawed drained
- 6 tablespoons spring onion sliced
- 8 oz approx cream cheese spread
- 1.3 cups milk
- 1 rotisserie chicken cut chopped
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 2 tablespoons bread canned

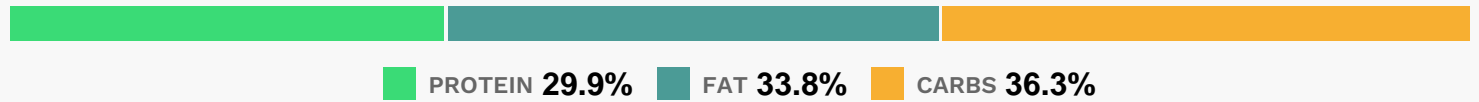
Equipment

frying pan

Directions

- Cook and drain noodles as directed on package.
- Meanwhile, spray 12-inch skillet with cooking spray; heat over medium heat.
- Add mixed vegetables and green onions; cook about 4 minutes, stirring frequently, until vegetables are crisp-tender. Stir in cream cheese and milk until blended. Stir in chicken, garlic salt and pepper; cook until hot.
- Stir noodles into cheese sauce mixture; cook until hot.
- Sprinkle with French-fried onions.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:29.53, Inflammation Score:-10, Nutrition Score:23.320869922638%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 816.06kcal (40.8%), Fat: 30.8g (47.39%), Saturated Fat: 13.54g (84.63%), Carbohydrates: 74.44g (24.81%), Net Carbohydrates: 68.03g (24.74%), Sugar: 7.34g (8.15%), Cholesterol: 247.84mg (82.61%), Sodium: 1206.87mg (52.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.31g (122.62%), Vitamin A: 5417.5IU (108.35%), Selenium: 59.84µg (85.48%), Manganese: 0.9mg (45.04%), Phosphorus: 312.8mg (31.28%), Fiber: 6.41g (25.63%), Vitamin B1: 0.33mg (22.12%), Calcium: 220.44mg (22.04%), Magnesium: 76.48mg (19.12%), Vitamin K: 19.47µg (18.54%), Vitamin B2: 0.29mg (16.79%), Copper: 0.32mg (15.82%), Vitamin B3: 3.11mg (15.56%), Folate: 61.82µg (15.45%), Vitamin B6: 0.3mg (15.04%), Potassium: 515.44mg (14.73%), Iron: 2.65mg (14.71%), Zinc: 2.2mg (14.65%), Vitamin C: 11.16mg (13.52%), Vitamin B5: 1.11mg (11.12%), Vitamin B12: 0.62µg (10.29%), Vitamin D: 1.05µg (7.01%), Vitamin E: 0.37mg (2.44%)