



## Creamy Chicken Pasta Skillet

READY IN



32 min.

SERVINGS



32

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 Tbsp chipotle peppers in adobo sauce canned finely chopped
- 8 oz knudsen cream sour
- 4 cups extra wide egg noodles uncooked
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 0.3 lb mushrooms fresh sliced
- 1 Tbsp oil
- 1 onion cut into thin wedges
- 1 lb chicken breasts boneless skinless cut into thin strips
- 2 tsp lea & perrins worcestershire sauce

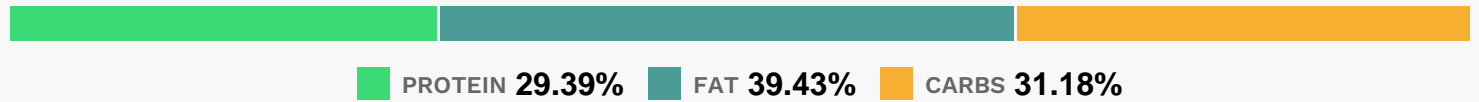
# Equipment

frying pan

# Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and onions; cook and stir 5 to 7 min. or until chicken is done.
- Add broth, mushrooms, Worcestershire sauce and noodles; stir. Bring to boil; cover. Simmer on medium-low heat 10 to 12 min. or until noodles are tender and only a small amount of liquid remains. Stir in peppers; cook, uncovered, 2 min., stirring occasionally.
- Remove from heat.
- Stir in sour cream.

# Nutrition Facts



# Properties

Glycemic Index:3.22, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:2.6756521729024%

# Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

# Nutrients (% of daily need)

Calories: 55.57kcal (2.78%), Fat: 2.43g (3.74%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.63g (0.71%), Cholesterol: 17.24mg (5.75%), Sodium: 77.37mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Selenium: 9.17µg (13.1%), Vitamin B3: 1.79mg (8.95%), Vitamin B6: 0.13mg (6.45%), Phosphorus: 52.28mg (5.23%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (2.87%), Potassium: 96.04mg (2.74%), Manganese: 0.05mg (2.55%), Magnesium: 7.99mg (2%), Copper: 0.04mg (1.75%), Vitamin B1: 0.02mg (1.61%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.08µg (1.4%), Iron: 0.22mg (1.23%), Fiber: 0.3g (1.19%), Calcium: 11.34mg (1.13%), Vitamin A: 51.74IU (1.03%)