



Creamy Pasta with Chicken and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups prewashed baby spinach
- ☐ 0.5 teaspoon pepper black
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon flour instant such as Pillsbury Shake and Blend Flour
- ☐ 1 cup evaporated milk low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.8 teaspoon salt

- ☐ 0.5 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 0.5 pound wide egg noodles

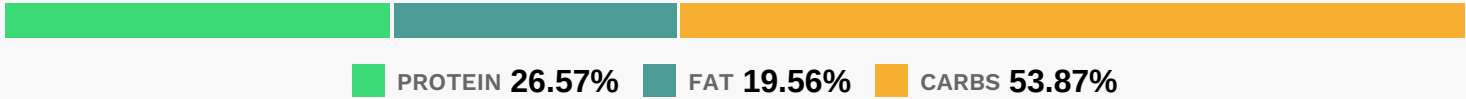
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ While noodles cook, heat oil in a large skillet over medium-high heat.
- ☐ Add onion and mushrooms to pan; cook 3 minutes or until mushrooms are tender, stirring constantly.
- ☐ Add chicken to pan; cook 4 minutes, stirring constantly.
- ☐ Add spinach and wine; cook 2 minutes or until spinach wilts, stirring occasionally.
- ☐ Combine milk and instant flour, stirring with a whisk.
- ☐ Add milk mixture to pan; cook 2 minutes or until sauce thickens. Stir in salt and pepper.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:18.62, Inflammation Score:-8, Nutrition Score:24.835217605466%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 422.4kcal (21.12%), Fat: 8.72g (13.41%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 54.03g (18.01%), Net Carbohydrates: 51.04g (18.56%), Sugar: 9.65g (10.72%), Cholesterol: 94.79mg (31.6%), Sodium: 606.29mg (26.36%), Alcohol: 3.09g (100%), Alcohol %: 1.28% (100%), Protein: 26.64g (53.28%), Selenium: 78.49µg (112.13%), Vitamin K: 75.57µg (71.97%), Vitamin B3: 9.54mg (47.68%), Manganese: 0.81mg (40.75%), Phosphorus: 344.72mg (34.47%), Vitamin B6: 0.68mg (33.97%), Vitamin A: 1464.96IU (29.3%), Vitamin B2: 0.43mg (25.5%), Copper: 0.5mg (25.1%), Vitamin B5: 2.24mg (22.35%), Potassium: 741.8mg (21.19%), Magnesium: 70.43mg (17.61%), Folate: 69.56µg (17.39%), Vitamin B1: 0.22mg (14.93%), Zinc: 2.21mg (14.72%), Iron: 2.18mg (12.1%), Fiber: 3g (11.98%), Vitamin C: 6.38mg (7.73%), Vitamin E: 1.14mg (7.6%), Calcium: 74.01mg (7.4%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.28µg (1.89%)