



Dijon-Dill Chicken and Noodles

READY IN



25 min.

SERVINGS



2

CALORIES



1361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets fresh
- 1 oz weight cream cheese fat-free
- 2 tablespoons dijon mustard
- 0.1 teaspoon dill dried
- 0.5 cup onion chopped (1 medium)
- 18.5 oz japanese ramen noodles light canned
- 4 oz chicken breast boneless skinless cut into thin bite-size strips
- 1.5 oz extra wide egg noodles uncooked

Equipment

frying pan

Directions

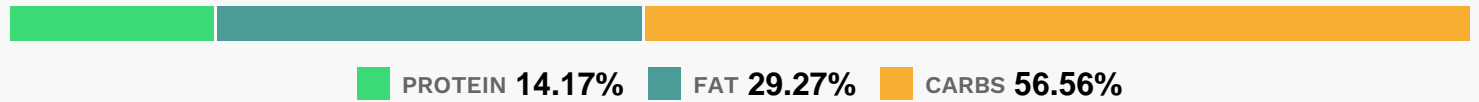
In 12-inch nonstick skillet, cook chicken and onion over medium-high heat, stirring constantly, until onion is tender and chicken just begins to brown.

Stir in soup, mustard and dill weed.

Heat to boiling. Stir in noodles; return to boiling. Reduce heat to medium; cover and cook 6 minutes, stirring occasionally.

Add broccoli; cook uncovered 3 to 4 minutes longer, stirring frequently, until broccoli is crisp-tender. Stir in cream cheese until well blended.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:83.74, Inflammation Score:-9, Nutrition Score:50.986086588839%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg

Nutrients (% of daily need)

Calories: 1360.75kcal (68.04%), Fat: 44.43g (68.35%), Saturated Fat: 20.63g (128.93%), Carbohydrates: 193.16g (64.39%), Net Carbohydrates: 182.72g (66.44%), Sugar: 8.75g (9.72%), Cholesterol: 55.85mg (18.62%), Sodium: 5705.57mg (248.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.41g (96.82%), Vitamin B1: 2.89mg (192.54%), Vitamin C: 85.69mg (103.87%), Vitamin K: 108.4µg (103.24%), Selenium: 69.39µg (99.13%), Folate: 375.7µg (93.92%), Manganese: 1.82mg (90.97%), Vitamin B3: 17.82mg (89.09%), Iron: 12.17mg (67.63%), Phosphorus: 644.7mg (64.47%), Vitamin B2: 0.92mg (54.11%), Vitamin B6: 0.92mg (46.23%), Fiber: 10.43g (41.73%), Vitamin E: 4.92mg (32.8%), Potassium: 1141mg (32.6%), Copper: 0.61mg (30.57%), Magnesium: 121.1mg (30.27%), Zinc: 3.72mg (24.79%), Vitamin B5: 2.46mg (24.6%), Calcium: 198.61mg (19.86%), Vitamin B12: 0.97µg (16.09%), Vitamin A: 651.21IU (13.02%)