



Easy a la King

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounce mushrooms drained canned
- 3 cups chicken meat diced cooked
- 10.8 ounce cream of mushroom soup canned
- 12 fluid ounce evaporated milk canned
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 dash pepper sauce hot
- 4 servings salt and pepper to taste
- 0.7 cup water

Equipment

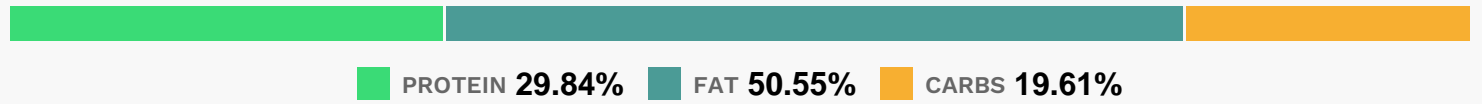
sauce pan

Directions

In a medium saucepan over medium heat, combine the chicken, milk, soup, water, spinach or broccoli, mushrooms, hot pepper sauce and salt and pepper to taste. Cook, stirring, for about 10 to 15 minutes or until heated through.

Serve over cooked egg noodles, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:29.651739296706%

Nutrients (% of daily need)

Calories: 384.95kcal (19.25%), Fat: 21.89g (33.67%), Saturated Fat: 8.69g (54.33%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 15.36g (5.59%), Sugar: 10.86g (12.07%), Cholesterol: 93.1mg (31.03%), Sodium: 1213.5mg (52.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.15%), Vitamin K: 265.45µg (252.81%), Vitamin A: 8641.37IU (172.83%), Phosphorus: 403.59mg (40.36%), Manganese: 0.8mg (40.22%), Vitamin B3: 8mg (39.99%), Vitamin B2: 0.6mg (35.29%), Calcium: 343.65mg (34.37%), Folate: 127.94µg (31.98%), Selenium: 21.11µg (30.16%), Magnesium: 106.7mg (26.67%), Vitamin B6: 0.53mg (26.62%), Potassium: 852.55mg (24.36%), Zinc: 3.49mg (23.28%), Copper: 0.47mg (23.28%), Vitamin B5: 2.07mg (20.66%), Iron: 3.31mg (18.39%), Vitamin E: 2.46mg (16.39%), Vitamin B1: 0.23mg (15.24%), Fiber: 3.74g (14.95%), Vitamin B12: 0.53µg (8.78%), Vitamin C: 6.96mg (8.43%), Vitamin D: 0.39µg (2.57%)