



Easy Creamy Chicken Mushroom Sauce

READY IN



35 min.

SERVINGS



5

CALORIES



829 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 cups chicken breasts cooked chopped
- ☐ 1 pound mushrooms fresh sliced
- ☐ 5 cloves garlic minced
- ☐ 5 teaspoons ground pepper black to taste
- ☐ 0.1 cup heavy cream
- ☐ 1 onion chopped
- ☐ 2 tablespoons paprika

- ☐ 1 pinch salt
- ☐ 1 pound shell pasta
- ☐ 3 cups cheddar cheese shredded

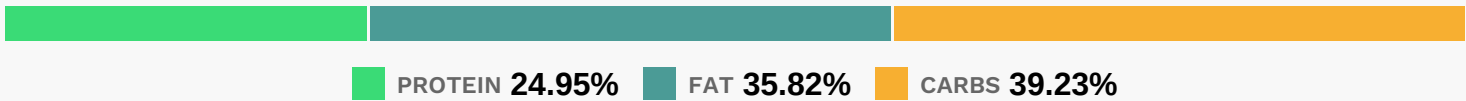
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large skillet, melt butter over medium heat and add onion, mushrooms and garlic; saute until golden brown.
- ☐ Bring a large pot of lightly salted water to a boil; add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large saucepan over medium-low heat, combine soup, cream, ground black pepper, paprika and salt; heat until sauce thickens.
- ☐ Add mushroom mixture to sauce and bring to a slow boil over medium heat; stir in cheese and chopped chicken.
- ☐ Pour sauce onto pasta; serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:29.4, Inflammation Score:-9, Nutrition Score:34.027391019075%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 829.22kcal (41.46%), Fat: 33.07g (50.88%), Saturated Fat: 17.52g (109.49%), Carbohydrates: 81.53g (27.18%), Net Carbohydrates: 75.68g (27.52%), Sugar: 5.88g (6.54%), Cholesterol: 131.19mg (43.73%), Sodium: 958.03mg (41.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.83g (103.67%), Selenium: 101.43µg (144.9%), Phosphorus: 732.4mg (73.24%), Manganese: 1.45mg (72.59%), Vitamin B3: 13.44mg (67.18%), Calcium: 542.32mg (54.23%), Vitamin B2: 0.88mg (51.64%), Vitamin A: 2239.31IU (44.79%), Copper: 0.79mg (39.36%), Vitamin B6: 0.76mg (38.09%), Zinc: 5.7mg (38.02%), Vitamin B5: 2.85mg (28.47%), Magnesium: 106.88mg (26.72%), Potassium: 904.05mg (25.83%), Fiber: 5.85g (23.41%), Iron: 3.64mg (20.22%), Vitamin B12: 1.06µg (17.62%), Vitamin B1: 0.25mg (17%), Folate: 58.8µg (14.7%), Vitamin E: 1.73mg (11.54%), Vitamin K: 7.93µg (7.56%), Vitamin C: 4.53mg (5.49%), Vitamin D: 0.74µg (4.93%)