

Easy Pasta Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 16 ounce vegetables mixed frozen thawed
- 2 cups rotini pasta
- 4 chicken breasts boneless skinless
- 2.3 cups water

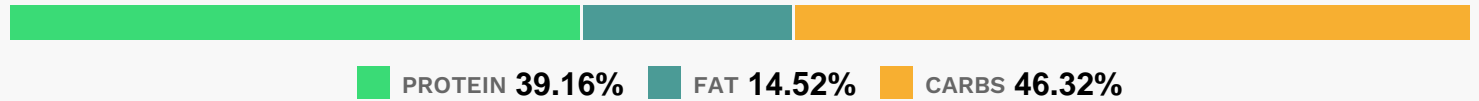
Equipment

- frying pan

Directions

- In a large skillet, brown the chicken in oil over medium low heat until cooked through and juices run clear.
- Remove chicken from skillet and set aside.
- Add the soup, water and vegetables.
- Heat to a boil.
- Add uncooked pasta to soup mixture in skillet (the pasta cooks right in the soup!). Stir all together and cook over medium heat for 10 minutes, stirring often.
- Add cooked chicken and cook another 5 minutes or until pasta is done, stirring often.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:25.700869481849%

Nutrients (% of daily need)

Calories: 359.17kcal (17.96%), Fat: 5.8g (8.92%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 35.98g (13.08%), Sugar: 0.8g (0.89%), Cholesterol: 76.13mg (25.38%), Sodium: 733.01mg (31.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.37%), Vitamin A: 5792.25IU (115.85%), Selenium: 55.57µg (79.39%), Vitamin B3: 14.4mg (72.01%), Vitamin B6: 1.03mg (51.42%), Manganese: 0.8mg (39.87%), Phosphorus: 383mg (38.3%), Potassium: 821.4mg (23.47%), Fiber: 5.65g (22.59%), Vitamin B5: 2.07mg (20.69%), Copper: 0.4mg (19.82%), Magnesium: 79.16mg (19.79%), Vitamin B1: 0.25mg (16.86%), Zinc: 2.44mg (16.27%), Vitamin B2: 0.27mg (16.06%), Vitamin C: 13.15mg (15.94%), Iron: 2.42mg (13.44%), Folate: 48.14µg (12.03%), Vitamin B12: 0.35µg (5.8%), Calcium: 47.34mg (4.73%), Vitamin E: 0.25mg (1.65%)