



 **29%**
HEALTH SCORE

Happy Mountain

READY IN



60 min.

SERVINGS



4

CALORIES



1422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chow mein noodles
- 10.8 ounce cream of chicken soup canned
- 0.8 cup spring onion chopped
- 1 cup pineapple chunks drained
- 0.8 cup cheddar cheese shredded
- 1.5 pounds chicken breast halves boneless skinless
- 0.8 cup tomatoes chopped
- 0.5 cup coconut flakes unsweetened flaked
- 0.5 cup coconut flakes unsweetened flaked

- 4 cups water
- 2 cups rice long grain white
- 2 cups rice long grain white

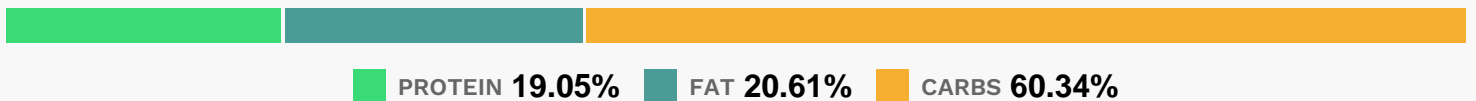
Equipment

- sauce pan

Directions

- Place rice and water into a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender. Set aside.
- Meanwhile, place the chicken breasts into a saucepan with enough water to cover. Bring to a boil, and cook until tender, 20 to 30 minutes.
- Remove from the water, reserving liquid, and shred.
- Return the shredded chicken to the saucepan, and stir in soup. Stir in about 1 cup of the reserved water, or until the sauce reaches your desired consistency. Simmer for 15 minutes.
- To serve, place one cup of cooked rice onto a plate, spoon some of the chicken mixture over it, then top with small amounts of Cheddar cheese, tomatoes, green onions, pineapple chunks, coconut and chow mein noodles until you have a happy mountain. Now grab a fork and ENJOY!

Nutrition Facts



Properties

Glycemic Index:65.59, Glycemic Load:92.08, Inflammation Score:-7, Nutrition Score:39.803913012795%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 1422.18kcal (71.11%), Fat: 32.15g (49.47%), Saturated Fat: 18.84g (117.72%), Carbohydrates: 211.76g (70.59%), Net Carbohydrates: 201.13g (73.14%), Sugar: 12.93g (14.37%), Cholesterol: 136.14mg (45.38%), Sodium: 1274.33mg

(55.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.86g (133.71%), Manganese: 2.74mg (136.87%), Selenium: 94.09µg (134.41%), Vitamin B3: 21.57mg (107.86%), Vitamin B6: 1.73mg (86.7%), Phosphorus: 752.17mg (75.22%), Vitamin B5: 4.74mg (47.42%), Vitamin K: 45.65µg (43.48%), Copper: 0.86mg (42.99%), Fiber: 10.63g (42.52%), Potassium: 1202.45mg (34.36%), Magnesium: 136.43mg (34.1%), Iron: 6.07mg (33.74%), Zinc: 4.63mg (30.88%), Vitamin B2: 0.44mg (26.07%), Calcium: 259.15mg (25.91%), Vitamin B1: 0.35mg (23.21%), Vitamin C: 15.35mg (18.6%), Vitamin A: 851.22IU (17.02%), Folate: 48.64µg (12.16%), Vitamin E: 1.46mg (9.71%), Vitamin B12: 0.56µg (9.41%), Vitamin D: 0.3µg (1.98%)