



## Healthy Creamy Chicken and Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.5 ounce cream of mushroom soup fat-free canned
- 8 ounce mushrooms fresh sliced
- 3 tablespoons garlic minced
- 1 pinch garlic salt to taste
- 2 tablespoons olive oil
- 1 pinch pepper flakes red to taste
- 1 pound chicken breasts boneless skinless cubed
- 0.5 cup water or as needed

8 ounce penne pasta whole wheat

## Equipment

frying pan

pot

## Directions

Fill a large pot with lightly salted water and bring to a boil. Stir in penne and return to a boil. Cook pasta uncovered, stirring occasionally, until cooked through but still firm to the bite, about 11 minutes; drain.

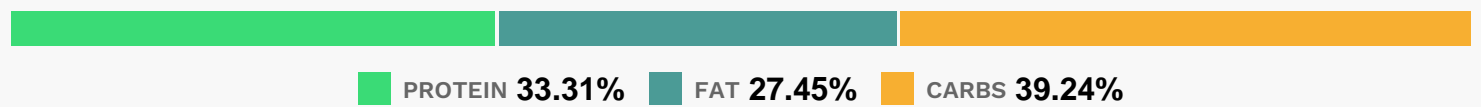
Cook and stir olive oil and garlic in a large skillet over high heat just until brown and fragrant, about 2 minutes.

Add chicken and mushrooms; stir to coat with garlic and olive oil. Cook chicken until no longer pink in the center and the juices run clear, 6 to 8 minutes. Stir in cream of mushroom soup; gradually add 1/2 cup of water about 1 tablespoon at a time, adding enough to make sauce light and creamy.

Reduce heat to medium-low heat and gently fold pasta into the chicken and sauce until coated.

Add garlic salt and red pepper to taste; remove from heat and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:18.125217461068%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 447.41kcal (22.37%), Fat: 13.37g (20.56%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 38.05g (13.84%), Sugar: 2.38g (2.64%), Cholesterol: 76.3mg (25.43%), Sodium: 674.73mg (29.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.5g (72.99%), Vitamin B3: 14.59mg (72.94%), Selenium: 42.42µg (60.6%), Vitamin B6: 1.01mg (50.65%), Phosphorus: 317.73mg (31.77%), Vitamin B5: 2.64mg (26.42%), Vitamin B2: 0.39mg (23.11%), Potassium: 718.26mg (20.52%), Fiber: 4.93g (19.73%), Copper: 0.38mg (19.13%), Manganese: 0.37mg (18.38%), Zinc: 1.84mg (12.3%), Magnesium: 41.63mg (10.41%), Vitamin B1: 0.15mg (9.7%), Vitamin E: 1.24mg (8.29%), Iron: 1.37mg (7.61%), Vitamin B12: 0.37µg (6.14%), Vitamin C: 4.42mg (5.36%), Folate: 19.57µg (4.89%), Vitamin K: 4.57µg (4.35%), Calcium: 22.25mg (2.23%), Vitamin D: 0.23µg (1.51%)