



## Incredibly Easy Chicken and Noodles

 Dairy Free  Popular

READY IN



40 min.

SERVINGS



6

CALORIES



928 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 cups rotisserie chicken breast meat diced cooked
- ☐ 43.5 ounce chicken broth canned
- ☐ 26 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 18 ounce extra wide egg noodles frozen
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon seasoning salt

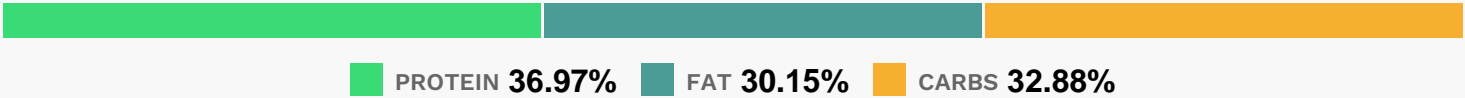
# Equipment

☐ pot

# Directions

☐ In a large pot, mix the cream of chicken soup, cream of mushroom soup, chicken broth, and chicken meat. Season with onion powder, seasoning salt, and garlic powder. Bring to a boil, and stir in the noodles. Reduce heat to low, and simmer for 20 to 30 minutes.

# Nutrition Facts



# Properties

Glycemic Index:15.33, Glycemic Load:29.23, Inflammation Score:-7, Nutrition Score:29.120869630057%

# Nutrients (% of daily need)

Calories: 928.47kcal (46.42%), Fat: 30.41g (46.78%), Saturated Fat: 8.8g (54.97%), Carbohydrates: 74.61g (24.87%), Net Carbohydrates: 71.58g (26.03%), Sugar: 2.31g (2.57%), Cholesterol: 226.24mg (75.41%), Sodium: 2653.8mg (115.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.89g (167.78%), Selenium: 120.21µg (171.72%), Vitamin B3: 14.06mg (70.3%), Phosphorus: 681.83mg (68.18%), Zinc: 8.19mg (54.59%), Manganese: 0.98mg (49.16%), Vitamin B6: 0.88mg (44.17%), Vitamin B12: 2.54µg (42.37%), Iron: 6.47mg (35.97%), Copper: 0.64mg (32.13%), Magnesium: 111.34mg (27.83%), Vitamin B2: 0.42mg (24.89%), Potassium: 775.28mg (22.15%), Vitamin B5: 1.57mg (15.65%), Vitamin B1: 0.21mg (13.83%), Vitamin A: 649.91IU (13%), Fiber: 3.03g (12.13%), Vitamin E: 1.77mg (11.77%), Vitamin K: 10.36µg (9.86%), Folate: 37.2µg (9.3%), Calcium: 87.77mg (8.78%), Vitamin D: 0.51µg (3.38%)