



## Lemon Chicken Stroganoff

READY IN



25 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 box hawaiian rolls
- 2 cups milk
- 0.5 cup water hot
- 2 tablespoons juice of lemon
- 0.5 teaspoon dill dried
- 12 oz broccoli frozen thawed
- 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- 1 slices optional: lemon

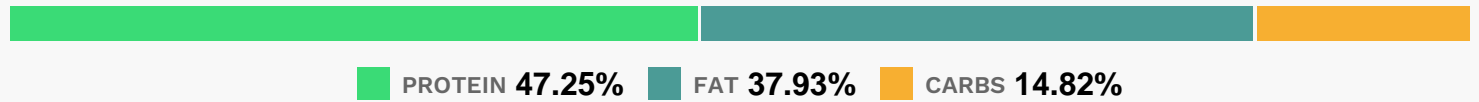
# Equipment

- frying pan

# Directions

- In 10-inch nonstick skillet, mix uncooked noodles and sauce mix (from Hamburger Helper box), milk, hot water, lemon juice and dill weed.
- Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until noodles are tender.
- Stir in broccoli and chicken; cook 2 to 3 minutes longer or until broccoli and chicken are hot.
- Remove from heat.
- Cover; let stand 5 minutes (sauce will thicken as it stands). Top with lemon slices.

# Nutrition Facts



# Properties

Glycemic Index:26.25, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:10.992173728736%

# Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

# Nutrients (% of daily need)

Calories: 215.3kcal (10.76%), Fat: 9.28g (14.28%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 6.62g (2.41%), Sugar: 5.06g (5.62%), Cholesterol: 85.47mg (28.49%), Sodium: 325.33mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.03%), Vitamin C: 53.17mg (64.45%), Vitamin K: 58.08µg (55.32%), Calcium: 129.61mg (12.96%), Phosphorus: 120.78mg (12.08%), Vitamin B2: 0.18mg (10.61%), Vitamin A: 490.43IU (9.81%), Folate: 37.01µg (9.25%), Potassium: 310.89mg (8.88%), Vitamin B6: 0.15mg (7.68%), Vitamin B12: 0.44µg (7.33%), Manganese: 0.13mg (6.37%), Vitamin B5: 0.64mg (6.37%), Fiber: 1.54g (6.14%), Vitamin D: 0.89µg (5.96%), Vitamin B1: 0.09mg (5.91%), Magnesium: 22.67mg (5.67%), Selenium: 3.02µg (4.31%), Zinc: 0.58mg (3.83%), Vitamin E: 0.49mg (3.28%), Iron: 0.47mg (2.62%), Vitamin B3: 0.46mg (2.31%), Copper: 0.03mg

(1.68%)