



Lemon Italian Chicken with Noodles

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups extra wide egg noodles uncooked
- 1 tsp lemon zest
- 0.5 cup lite house dressing italian kraft
- 3 cups mushroom fresh
- 1 cup onion halved
- 1 Tbsp parmesan cheese grated kraft
- 1 cup pepper strips red
- 1 lb chicken breasts boneless skinless

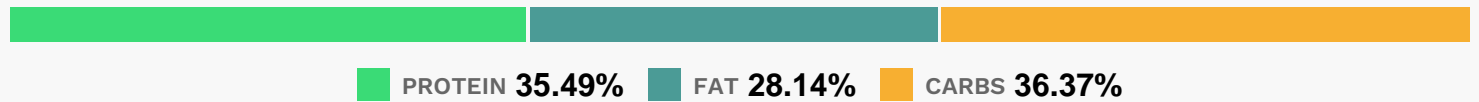
Equipment

frying pan

Directions

- Cook noodles as directed on package, omitting salt.
- Meanwhile, mix dressing and lemon zest until blended.
- Heat 1/4 cup of the dressing mixture in large nonstick skillet on medium heat.
- Add chicken; cook 7 to 8 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm.
- Add vegetables and remaining dressing mixture to skillet; cook 5 min. or until vegetables are crisp-tender, stirring occasionally.
- Drain noodles.
- Serve topped with chicken, vegetable mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:3.4947826188544%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 47.5kcal (2.37%), Fat: 1.49g (2.29%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.12g (1.25%), Cholesterol: 13.01mg (4.34%), Sodium: 61.04mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Selenium: 8.89µg (12.71%), Vitamin B3: 2.06mg (10.32%), Vitamin C: 7.24mg (8.77%), Vitamin B6: 0.16mg (7.75%), Phosphorus: 53.66mg (5.37%), Vitamin B5: 0.42mg (4.17%), Vitamin B2: 0.06mg (3.73%), Potassium: 117.71mg (3.36%), Vitamin A: 165.39IU (3.31%), Manganese: 0.05mg (2.65%), Copper: 0.05mg (2.48%), Vitamin K: 2.51µg (2.39%), Magnesium: 8.39mg (2.1%), Vitamin B1: 0.03mg (1.99%), Fiber: 0.42g (1.69%), Folate: 6.66µg (1.66%), Zinc: 0.24mg (1.61%), Vitamin E: 0.21mg (1.4%), Iron: 0.22mg

(1.22%)