



Quick & Creamy Chicken Stew

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



64 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 oz cream of chicken soup reduced-fat reduced-sodium canned
- ☐ 0.5 cup knudsen cream light sour
- ☐ 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- ☐ 0.8 lb new potatoes quartered
- ☐ 1 Tbsp oil
- ☐ 2 cups peas-carrots mix shopping list frozen
- ☐ 1 lb chicken breasts boneless skinless cut into bite-size pieces
- ☐ 2 Tbsp water

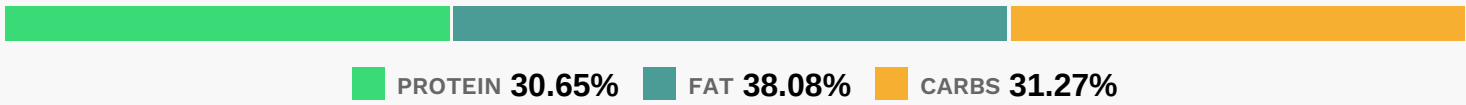
Equipment

- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Microwave potatoes and water in covered microwaveable dish on HIGH 7 min. or until potatoes are tender. Meanwhile, heat oil in large saucepan on medium-high heat.
- ☐ Add chicken; cook 7 min. or until evenly browned, stirring occasionally.
- ☐ Add potatoes, soup, dressing and frozen vegetables to chicken in saucepan; stir. Bring to boil; cover. Simmer on medium-low heat 3 min. or until chicken is done and vegetables are heated through.
- ☐ Stir in sour cream; cook 1 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:2.09, Inflammation Score:-6, Nutrition Score:4.3513043911561%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 64.15kcal (3.21%), Fat: 2.73g (4.2%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.37g (1.59%), Sugar: 0.43g (0.48%), Cholesterol: 14.13mg (4.71%), Sodium: 137.53mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin A: 1105.95IU (22.12%), Vitamin B3: 2.24mg (11.22%), Vitamin B6: 0.19mg (9.49%), Selenium: 6.39µg (9.12%), Phosphorus: 59.71mg (5.97%), Vitamin C: 4.22mg (5.11%), Potassium: 163.43mg (4.67%), Vitamin B5: 0.34mg (3.43%), Vitamin B1: 0.05mg (3.17%), Manganese: 0.06mg (2.92%), Magnesium: 10.91mg (2.73%), Fiber: 0.68g (2.72%), Vitamin B2: 0.04mg (2.49%), Vitamin K: 2.5µg (2.38%), Iron: 0.42mg (2.36%), Copper: 0.05mg (2.27%), Folate: 7.67µg (1.92%), Vitamin E: 0.26mg (1.74%), Zinc: 0.26mg (1.74%), Calcium: 13.98mg (1.4%)