



Simple Chicken Stroganoff

READY IN



75 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 16 ounce extra wide egg noodles
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon worcestershire sauce

Equipment

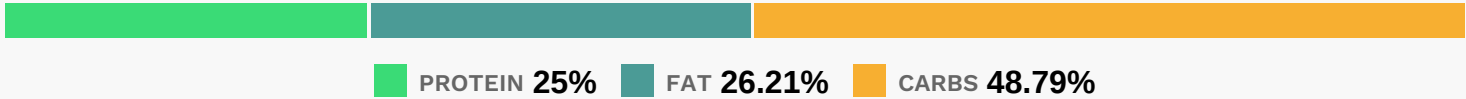
- ☐ bowl
- ☐ oven

- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir cream of mushroom soup, sour cream, and Worcestershire sauce in bowl until well blended.
- ☐ Pour half the soup mixture in a 9x13-inch baking dish. Arrange chicken breast halves in baking dish and cover with remaining soup mixture.
- ☐ Bake chicken in preheated oven until no longer pink in the center and the juices run clear, about 1 hour. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- ☐ Drain.
- ☐ Cut chicken into bite-size pieces and serve over egg noodles with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:22.61, Inflammation Score:-5, Nutrition Score:19.316087012706%

Nutrients (% of daily need)

Calories: 483.83kcal (24.19%), Fat: 13.96g (21.48%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 55.89g (20.32%), Sugar: 2.83g (3.14%), Cholesterol: 136.87mg (45.62%), Sodium: 488.27mg (21.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Selenium: 85.1µg (121.57%), Vitamin B3: 9.94mg (49.72%), Manganese: 0.81mg (40.71%), Phosphorus: 384.86mg (38.49%), Vitamin B6: 0.76mg (38.18%), Vitamin B5: 1.99mg (19.88%), Copper: 0.36mg (17.77%), Magnesium: 70.95mg (17.74%), Zinc: 2.58mg (17.17%), Potassium: 583.11mg (16.66%), Vitamin B2: 0.24mg (14.09%), Vitamin B1: 0.2mg (13.02%), Iron: 2.15mg (11.95%), Fiber: 2.6g (10.39%), Vitamin B12: 0.53µg (8.86%), Folate: 30.87µg (7.72%), Calcium: 72.04mg (7.2%), Vitamin A: 309.08IU (6.18%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.3µg (2.01%), Vitamin C: 1.38mg (1.67%), Vitamin K: 1.11µg

(1.06%)