



Simple Chicken Stroganoff Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz philadelphia cream cheese spread
- 2 cups extra wide egg noodles hot cooked
- 1 Tbsp parsley fresh chopped
- 2 Tbsp milk
- 2 tsp olive oil
- 1 cup onion thin
- 0.3 tsp paprika
- 2 pasilla peppers red cut into thin strips, then cut crosswise in half
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

Directions

Heat oil in large skillet on medium heat.

Add chicken; cook and stir 2 min.

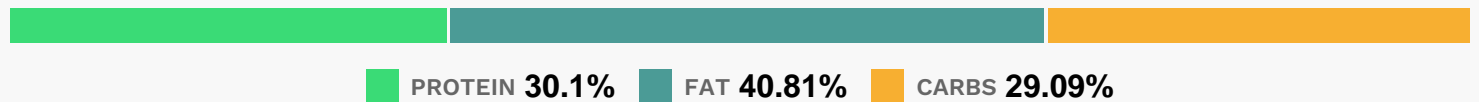
Add vegetables; cook 10 to 12 min. or until chicken is done and vegetables are crisp-tender, stirring frequently.

Mix cream cheese spread and milk until blended.

Add to skillet with paprika; cook and stir 2 to 3 min. or until heated through.

Serve over noodles; top with parsley.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:11.3, Inflammation Score:-9, Nutrition Score:25.083477885827%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 436.89kcal (21.84%), Fat: 19.61g (30.18%), Saturated Fat: 9.38g (58.64%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 28.48g (10.36%), Sugar: 6.66g (7.4%), Cholesterol: 131.83mg (43.94%), Sodium: 406.13mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.09%), Vitamin C: 81.75mg (99.09%), Selenium: 55.82µg (79.74%), Vitamin B3: 12.81mg (64.06%), Vitamin B6: 1.12mg (55.79%), Vitamin A: 2616.19IU (52.32%), Phosphorus: 334.58mg (33.46%), Vitamin B5: 2.1mg (21%), Manganese: 0.39mg (19.57%), Vitamin K: 20.37µg (19.4%), Potassium: 653.73mg (18.68%), Magnesium: 59.05mg (14.76%), Vitamin B2: 0.2mg (11.99%), Fiber: 2.97g (11.88%), Folate: 46.62µg (11.66%), Vitamin E: 1.68mg (11.18%), Calcium: 107.56mg (10.76%), Vitamin B1: 0.15mg (10.17%), Zinc: 1.44mg (9.61%), Iron: 1.34mg (7.45%), Copper: 0.14mg (6.86%), Vitamin B12: 0.34µg (5.65%), Vitamin

D: 0.28µg (1.84%)