



Slow-Cooker Chicken and Noodles Romanoff

READY IN



355 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup onion chopped
- 20 oz chicken thighs boneless skinless cut into 3/4-inch pieces
- 0.1 teaspoon ground pepper red (cayenne)
- 12 oz curd cottage cheese
- 1.5 cups cream sour (from 16-oz container)
- 0.5 cup parmesan cheese grated
- 2 tablespoons flour all-purpose
- 3 oz extra wide egg noodles uncooked
- 1 cup peas sweet frozen thawed (from 1-lb bag)

2 tablespoon chives fresh chopped

Equipment

bowl

slow cooker

Directions

Spray 3- to 4-quart slow cooker with cooking spray.

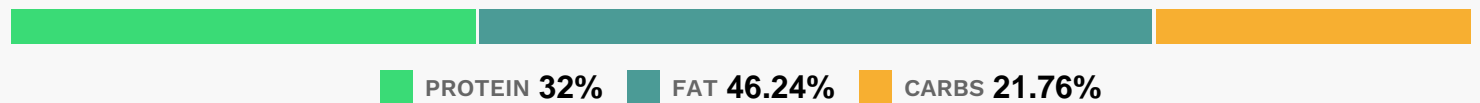
Mix onion, chicken and red pepper in cooker. In large bowl, mix cottage cheese, sour cream, Parmesan cheese and flour; pour over chicken.

Cover; cook on Low heat setting 5 to 6 hours.

Stir mixture; stir in noodles and peas. Increase heat setting to High. Cover; cook 20 to 30 minutes or until noodles are tender.

Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:49.06, Glycemic Load:7.22, Inflammation Score:-6, Nutrition Score:17.687826071097%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 403.16kcal (20.16%), Fat: 20.58g (31.66%), Saturated Fat: 9.24g (57.76%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.73g (7.17%), Sugar: 5.43g (6.03%), Cholesterol: 152.49mg (50.83%), Sodium: 430.91mg (18.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.05g (64.1%), Selenium: 44.4µg (63.43%), Phosphorus: 428.99mg (42.9%), Vitamin B3: 6.36mg (31.81%), Vitamin B6: 0.56mg (27.99%), Vitamin B2: 0.45mg (26.2%), Calcium: 201.2mg (20.12%), Zinc: 2.82mg (18.81%), Vitamin B12: 1.12µg (18.72%), Vitamin B5: 1.85mg (18.47%), Vitamin A: 787.03IU (15.74%), Vitamin B1: 0.23mg (15.07%), Manganese: 0.28mg (14.01%), Potassium: 487.46mg (13.93%), Vitamin C: 11.29mg (13.69%), Magnesium: 52.83mg (13.21%), Vitamin K: 12.01µg (11.43%), Folate: 41.29µg (10.32%), Iron: 1.65mg (9.15%), Copper: 0.18mg (8.78%), Fiber: 2.06g (8.25%), Vitamin E: 0.58mg (3.85%)