



Snappy Smothered Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons garlic jarred minced
- ☐ 1 cup milk
- ☐ 16 oz mushrooms sliced
- ☐ 1 large onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper

- ☐ 1 rotisserie chicken cut cut into serving pieces
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon thyme leaves dried crumbled
- ☐ 8 oz extra wide egg noodles

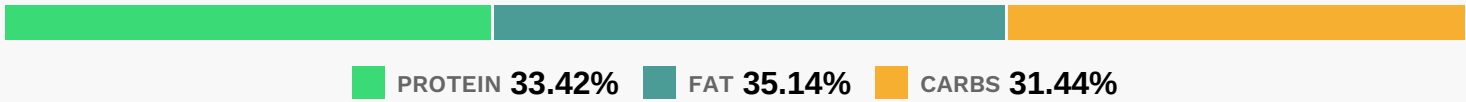
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare noodles according to package directions. Keep warm.
- ☐ Meanwhile, stir together paprika, dried thyme, salt, and pepper in a small bowl.
- ☐ Melt butter in a large skillet over medium-high heat; add onion and mushrooms, and saut 8 to 10 minutes or until onion is tender. Stir in garlic and paprika mixture; saut 2 minutes.
- ☐ Add soup, milk, and, if desired, wine, and bring to a boil, stirring frequently.
- ☐ Add chicken pieces; spoon sauce over top of chicken. Reduce heat to low, and cook, covered, 10 to 15 minutes or until chicken is thoroughly heated. Stir in 1 Tbsp. parsley.
- ☐ Serve over hot cooked noodles.
- ☐ Sprinkle with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:86.25, Glycemic Load:19.85, Inflammation Score:-8, Nutrition Score:22.852174157682%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 697.22kcal (34.86%), Fat: 27.59g (42.45%), Saturated Fat: 11.46g (71.63%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 51.38g (18.68%), Sugar: 7.95g (8.84%), Cholesterol: 225.33mg (75.11%), Sodium: 1462.92mg (63.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.06g (118.11%), Selenium: 56.93µg (81.33%), Manganese: 0.88mg (43.95%), Vitamin B2: 0.66mg (38.99%), Copper: 0.71mg (35.62%), Phosphorus: 337.02mg (33.7%), Vitamin K: 34.78µg (33.13%), Vitamin B3: 6.18mg (30.9%), Vitamin B5: 2.68mg (26.78%), Potassium: 776.98mg (22.2%), Zinc: 2.91mg (19.41%), Vitamin B6: 0.39mg (19.33%), Vitamin B1: 0.26mg (17.48%), Vitamin A: 836.44IU (16.73%), Fiber: 4.17g (16.67%), Magnesium: 62.99mg (15.75%), Iron: 2.62mg (14.53%), Folate: 52.07µg (13.02%), Calcium: 121.85mg (12.18%), Vitamin B12: 0.68µg (11.32%), Vitamin C: 9.09mg (11.02%), Vitamin D: 1.07µg (7.12%), Vitamin E: 0.67mg (4.44%)