



HEALTH SCORE

80%

Spicy Asian Chicken and Noodle Casserole



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli frozen
- ☐ 12 ounces chicken breast strips/pre-cooked/chopped refrigerated
- ☐ 0.7 cup chicken broth (from 32-ounce carton)
- ☐ 0.3 cup chow mein noodles
- ☐ 7.3 ounces soup noodles refrigerated separated cooked
- ☐ 3 tablespoons peanut butter
- ☐ 0.7 cup satay sauce (from 13.9-ounce bottle)
- ☐ 0.3 cup peanuts chopped

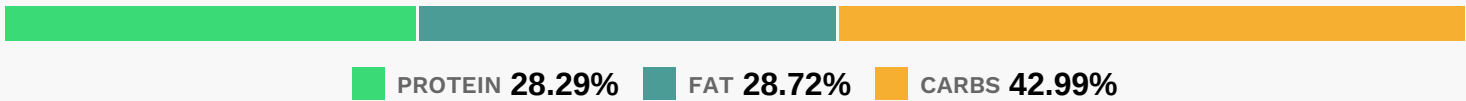
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 35
- ☐ Spray 2-quart casserole with cooking spray.
- ☐ Cook peanut sauce, broth, peanut butter, frozen vegetables and stir-fry noodles in 3-quart saucepan over medium-high heat 5 to 7 minutes, stirring frequently, until hot. Stir in chicken. Spoon into casserole.
- ☐ Mix chow mein noodles and peanuts; sprinkle over chicken mixture.
- ☐ Bake uncovered about 30 minutes or until mixture is hot.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:17.39, Inflammation Score:-8, Nutrition Score:33.910869860131%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 654.28kcal (32.71%), Fat: 20.81g (32.01%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 70.08g (23.36%), Net Carbohydrates: 63.24g (23%), Sugar: 11.96g (13.29%), Cholesterol: 73.07mg (24.36%), Sodium: 951.35mg (41.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.1g (92.21%), Vitamin C: 101.15mg (122.61%), Vitamin K: 116.01µg (110.48%), Selenium: 60.36µg (86.22%), Vitamin B3: 16.4mg (82.01%), Manganese: 1.16mg (58.13%), Phosphorus: 444.32mg (44.43%), Vitamin B6: 0.87mg (43.37%), Folate: 116.39µg (29.1%), Magnesium: 113.76mg (28.44%), Fiber: 6.84g (27.37%), Potassium: 834.22mg (23.83%), Vitamin B5: 1.99mg (19.86%), Copper: 0.39mg (19.27%), Iron: 3.45mg (19.18%), Vitamin B2: 0.32mg (18.77%), Vitamin B1: 0.27mg (18.2%),

Zinc: 2.57mg (17.14%), Vitamin E: 2.28mg (15.2%), Vitamin A: 725.11IU (14.5%), Calcium: 94.05mg (9.41%), Vitamin B12: 0.3µg (4.95%)