



## Stroganoff-Style Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce campbell's® condensed cream of chicken soup healthy request® canned
- 4 cups extra wide egg noodles hot cooked
- 2 cups mushrooms sliced
- 1 medium onion chopped
- 4 servings paprika
- 0.5 cup nonfat yogurt plain
- 1 pound chicken breast boneless skinless cut into strips
- 2 tablespoons vegetable oil
- 0.3 cup water

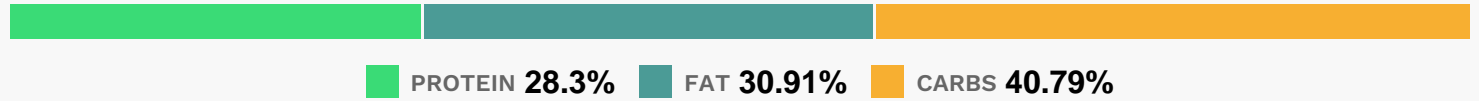
# Equipment

frying pan

# Directions

- Heat half the oil in skillet.
- Add chicken and cook until browned, stirring often.
- Remove chicken.
- Add remaining oil.
- Add mushrooms and onion and cook until tender.
- Add soup, yogurt and water.
- Heat to a boil. Return chicken to skillet and heat through.
- Serve over noodles.
- Sprinkle with paprika.

# Nutrition Facts



# Properties

Glycemic Index:41.75, Glycemic Load:22.49, Inflammation Score:-8, Nutrition Score:25.663478104965%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

# Nutrients (% of daily need)

Calories: 523.11kcal (26.16%), Fat: 17.95g (27.61%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 49.71g (18.08%), Sugar: 5.73g (6.36%), Cholesterol: 125.68mg (41.89%), Sodium: 703.57mg (30.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.95%), Selenium: 81.81µg (116.86%), Vitamin B3: 14.77mg (73.85%), Vitamin B6: 1.06mg (53.25%), Phosphorus: 486.97mg (48.7%), Manganese: 0.66mg (33.21%), Vitamin B5: 3.18mg (31.82%), Vitamin B2: 0.48mg (28.06%), Vitamin A: 1194.06IU (23.88%), Potassium: 834.19mg

(23.83%), Copper: 0.47mg (23.48%), Magnesium: 82.73mg (20.68%), Zinc: 2.6mg (17.33%), Vitamin K: 17.63µg (16.79%), Iron: 2.94mg (16.31%), Fiber: 3.57g (14.26%), Vitamin E: 2.05mg (13.65%), Vitamin B1: 0.2mg (13.55%), Calcium: 109.27mg (10.93%), Vitamin B12: 0.58µg (9.61%), Folate: 35.3µg (8.82%), Vitamin C: 4.77mg (5.79%), Vitamin D: 0.37µg (2.46%)