



## The Mighty Chicken Stuff

READY IN



50 min.

SERVINGS



8

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounce broccoli florets frozen thawed
- 10.8 ounce cream of mushroom soup canned
- 1 cup milk
- 9 ounce japanese ramen noodles flavored
- 4 cups cheddar cheese shredded
- 1 pound chicken breast halves boneless skinless
- 2 cups cream sour
- 13 ounce tortilla chips

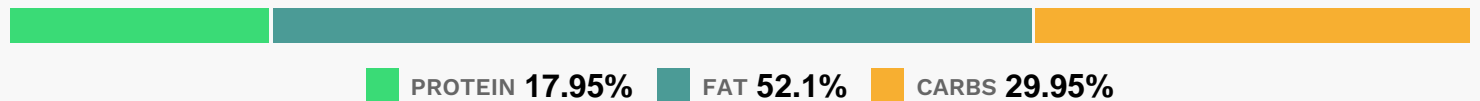
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Place chicken in a large saucepan with enough water to cover by at least 2 inches.
- Mix in the seasoning packets from the ramen noodles. Bring to a boil, and cook until chicken is no longer pink in the center.
- Remove chicken and set aside to cool.
- Add the ramen noodles to the boiling chicken water. Cook until tender, about 2 minutes.
- Drain. Chop chicken into bite sized pieces when it is cool enough to handle.
- In a medium bowl, stir together the cream of mushroom soup, sour cream and milk. Grease a 9x13 inch baking dish, and begin layering the ingredients as follows. 1/3 of the tortilla chips, 1/2 of the noodles, 1/2 of the chicken, 1/2 of the broccoli, 1/3 of the cheese, and 1/2 of the soup mixture. Repeat layers a second time, then top with remaining tortilla chips and cheese.
- Bake for 30 minutes in the preheated oven, until heated through and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:10.81, Inflammation Score:-8, Nutrition Score:31.833478264187%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 826.32kcal (41.32%), Fat: 48.45g (74.55%), Saturated Fat: 21.77g (136.06%), Carbohydrates: 62.67g (20.89%), Net Carbohydrates: 57.9g (21.05%), Sugar: 5.44g (6.04%), Cholesterol: 132.28mg (44.09%), Sodium: 1553.95mg (67.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.14%), Vitamin K: 71.7µg (68.29%), Phosphorus: 642.42mg (64.24%), Vitamin C: 51.87mg (62.87%), Selenium: 43.47µg (62.11%), Calcium: 584.13mg (58.41%), Vitamin B3: 8.42mg (42.11%), Vitamin B2: 0.65mg (38.15%), Vitamin B6: 0.73mg (36.53%), Vitamin B1: 0.52mg (34.79%), Zinc: 4.28mg (28.5%), Vitamin A: 1349.22IU (26.98%), Magnesium: 100.01mg (25%), Folate: 97.54µg (24.38%), Vitamin B5: 2.38mg (23.79%), Vitamin E: 3.32mg (22.1%), Potassium: 739.02mg (21.11%), Manganese: 0.42mg (20.77%), Fiber: 4.77g (19.09%), Vitamin B12: 1.14µg (18.97%), Iron: 3mg (16.67%), Copper: 0.25mg (12.44%), Vitamin D: 0.73µg (4.87%)