

25-Minute Chicken & Noodles

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Servings: 4

1 3/4 cups chicken broth or chicken stock

1 teaspoon dried basil leaves, crushed

1/4 teaspoon ground black pepper

2 cups frozen mixed vegetables (broccoli, cauliflower, carrots)

4 ounces (about 2 cups) uncooked medium egg noodles

2 cups cubed cooked chicken

Preparation Time: 5 minutes

Cook Time: 20 minutes

In a ten-inch skillet over medium heat, heat the chicken broth, basil, black pepper and vegetables. Bring to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the vegetables are tender-crisp.

Stir the noodles into the skillet. Cover and cook for 5 minutes or until the noodles are tender.

Stir in the chicken and cook until the mixture is hot and bubbling.

Per Serving (excluding unknown items): trace Calories; trace Fat (8.5% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	trace
% Calories from Fat:	8.5%
% Calories from Carbohydrates:	78.3%
% Calories from Protein:	13.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	0
	0

Protein (g):
Sodium (mg): trace
Potassium (mg): 2mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories trace **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.