

Best Ever Chicken Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 cup cornflakes cereal crumbs
- ☐ 1 cup mayonnaise
- ☐ 1 onion chopped
- ☐ 4 chicken breasts boneless skinless

Equipment

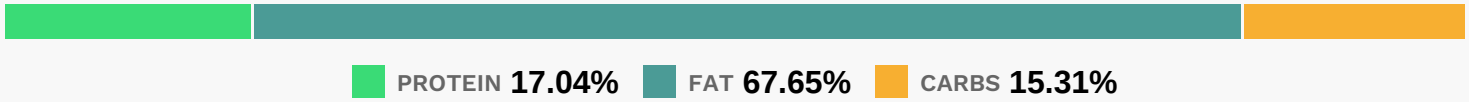
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large pot, boil the chicken until tender.
- ☐ Cut the breasts into cubes or small pieces.
- ☐ In a large bowl, combine the chicken pieces with the water chestnuts, onion, soup, most of the crushed corn flakes and mayonnaise.
- ☐ Mix well.
- ☐ Pour mixture into a 9x13 inch baking dish.
- ☐ Sprinkle the rest of the crushed corn flakes on top of the mixture.
- ☐ Bake in the preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:3.07, Inflammation Score:-6, Nutrition Score:22.306521809619%

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: 658.41kcal (32.92%), Fat: 49.32g (75.87%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 22.21g (8.08%), Sugar: 4.74g (5.27%), Cholesterol: 101.94mg (33.98%), Sodium: 1080.46mg (46.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin K: 94.91µg (90.39%), Vitamin B3: 13.69mg (68.44%), Vitamin B6: 1.15mg (57.49%), Selenium: 40.24µg (57.48%), Phosphorus: 304.8mg (30.48%), Iron: 4.2mg (23.31%), Vitamin B5: 2.03mg (20.28%), Vitamin E: 2.92mg (19.46%), Potassium: 622.87mg (17.8%), Vitamin B2: 0.29mg (17.3%), Vitamin B1: 0.2mg (13.59%), Copper: 0.25mg (12.59%), Fiber: 2.91g (11.64%), Folate:

44.16µg (11.04%), Magnesium: 43mg (10.75%), Vitamin B12: 0.64µg (10.72%), Manganese: 0.21mg (10.56%), Zinc: 1.41mg (9.41%), Vitamin C: 6.07mg (7.36%), Vitamin A: 334.53IU (6.69%), Vitamin D: 0.48µg (3.18%), Calcium: 30.87mg (3.09%)