



WHATSheATE



Campbell's Kitchen Easy Chicken Noodle Casserole

READY IN



35 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 9 ounce premium chicken breast in water white chunk drained swanson® canned
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- ☐ 2 cups extra wide egg noodles cooked drained
- ☐ 2 tablespoons bread crumbs dry
- ☐ 0.5 cup milk
- ☐ 1 cup peas frozen

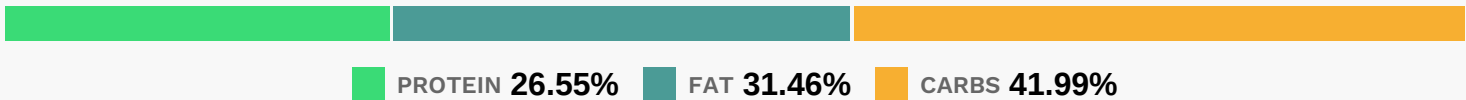
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Stir the soup, milk, peas, chicken and noodles in a 1 1/2-quart casserole. Stir the bread crumbs and butter in a small bowl.
- ☐ Bake at 400 degrees F for 20 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture.
- ☐ Sprinkle with the bread crumb mixture.
- ☐ Bake for 5 minutes or until the topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:13.87, Inflammation Score:-6, Nutrition Score:16.772608788117%

Nutrients (% of daily need)

Calories: 344.19kcal (17.21%), Fat: 11.93g (18.35%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 32.58g (11.85%), Sugar: 4.57g (5.07%), Cholesterol: 81.3mg (27.1%), Sodium: 685.35mg (29.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.3%), Selenium: 43.51µg (62.15%), Vitamin B3: 8.39mg (41.97%), Vitamin B6: 0.6mg (30.03%), Phosphorus: 297.42mg (29.74%), Manganese: 0.51mg (25.46%), Vitamin C: 15.34mg (18.6%), Vitamin B1: 0.24mg (15.78%), Vitamin B5: 1.45mg (14.49%), Magnesium: 54.27mg (13.57%), Copper: 0.27mg (13.5%), Vitamin B2: 0.23mg (13.3%), Fiber: 3.25g (13.01%), Potassium: 448.58mg (12.82%), Iron: 2.3mg (12.77%), Vitamin K: 12.91µg (12.29%), Vitamin A: 588.79IU (11.78%), Zinc: 1.76mg (11.74%), Folate: 38.69µg (9.67%), Calcium: 80.02mg (8%), Vitamin B12: 0.39µg (6.46%), Vitamin E: 0.82mg (5.44%), Vitamin D: 0.48µg (3.2%)