



Chicken and Ham Casserole

READY IN



45 min.

SERVINGS



2

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup celery chopped
- 0.5 cup rotisserie chicken breast meat cubed cooked
- 0.5 cup ham cubed cooked
- 0.5 cup wide egg noodles cooked
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 cup milk
- 1 teaspoon paprika

- 0.3 teaspoon salt
- 3 ounces cheddar cheese shredded

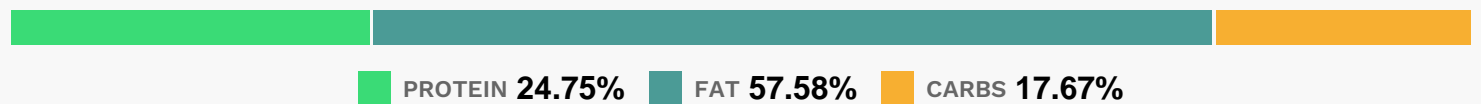
Equipment

- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Melt butter in a large saucepan over low heat. Stir in the flour and heat until bubbly. Slowly add the milk, stirring constantly, until mixture is thickened and smooth.
- Remove from heat and stir in the chicken, ham, noodles, celery, salt and ground black pepper.
- Transfer this mixture to a 1 1/2 quart casserole dish.
- Bake at 400 degrees F (200 degrees C) for 15 minutes.
- Remove from oven, sprinkle with the cheese and top with paprika, as desired. Return to oven and bake for 5 to 10 minutes, or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:159.5, Glycemic Load:11.5, Inflammation Score:-8, Nutrition Score:20.409130324488%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 534.64kcal (26.73%), Fat: 34.18g (52.58%), Saturated Fat: 18.67g (116.71%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 22.31g (8.11%), Sugar: 6.47g (7.19%), Cholesterol: 149.24mg (49.75%), Sodium: 1070.34mg (46.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.11%), Selenium: 41.97µg (59.96%),

Phosphorus: 528.7mg (52.87%), Calcium: 475.56mg (47.56%), Vitamin B3: 6.71mg (33.53%), Vitamin B2: 0.53mg (31.34%), Vitamin A: 1539.94IU (30.8%), Vitamin B12: 1.69µg (28.11%), Zinc: 3.43mg (22.86%), Vitamin B1: 0.33mg (22.18%), Vitamin B6: 0.44mg (21.98%), Vitamin B5: 1.43mg (14.28%), Magnesium: 56.14mg (14.03%), Potassium: 470.32mg (13.44%), Manganese: 0.27mg (13.35%), Vitamin D: 1.67µg (11.15%), Iron: 1.53mg (8.48%), Vitamin C: 6.98mg (8.46%), Folate: 33.2µg (8.3%), Vitamin E: 1.2mg (8%), Vitamin K: 7.41µg (7.05%), Copper: 0.13mg (6.49%), Fiber: 1.3g (5.19%)