



Chicken-and-Poppy Seed Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter melted
- 18 buttery round crackers crushed
- 2.5 cups cream of mushroom soup homemade
- 1 tablespoon poppy seeds
- 5 cups deli-roasted chicken chopped
- 16 oz cup heavy whipping cream sour

Equipment

- oven

baking pan

Directions

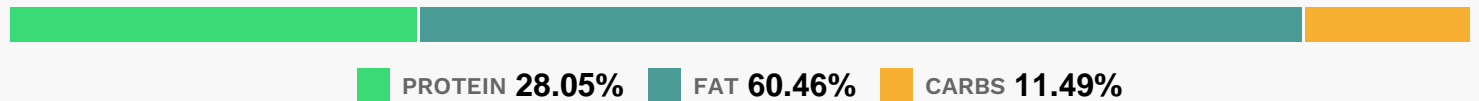
Preheat oven to 35

Stir together Homemade Cream of Mushroom Soup, chicken, sour cream, and poppy seeds. Spoon into a lightly greased 11- x 7-inch baking dish. Stir together melted butter and crushed crackers; sprinkle over casserole.

Bake 35 to 40 minutes or until bubbly.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:16.481739316298%

Nutrients (% of daily need)

Calories: 528.54kcal (26.43%), Fat: 35.3g (54.31%), Saturated Fat: 16.43g (102.67%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.39g (5.23%), Sugar: 3.36g (3.73%), Cholesterol: 157.69mg (52.56%), Sodium: 995.97mg (43.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.71%), Vitamin B3: 10.67mg (53.33%), Selenium: 32.21µg (46.01%), Phosphorus: 351.8mg (35.18%), Vitamin B6: 0.56mg (28.04%), Manganese: 0.49mg (24.62%), Vitamin B2: 0.39mg (22.95%), Zinc: 3.36mg (22.4%), Vitamin B5: 1.64mg (16.36%), Copper: 0.33mg (16.28%), Iron: 2.75mg (15.28%), Vitamin A: 755.18IU (15.1%), Potassium: 517.73mg (14.79%), Calcium: 132.25mg (13.23%), Magnesium: 46.51mg (11.63%), Vitamin B12: 0.68µg (11.35%), Vitamin B1: 0.16mg (10.77%), Folate: 25.71µg (6.43%), Vitamin K: 6.3µg (6%), Vitamin E: 0.85mg (5.65%), Fiber: 0.71g (2.84%)