



WHATSheATE



## Chicken-Cashew Casserole



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



1238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1.5 lb chicken breast boneless skinless
- ☐ 28 oz chow mein noodles canned
- ☐ 3 cups chow mein noodles
- ☐ 2 cups snow peas chinese ()
- ☐ 10.8 oz cream of chicken soup fat-free 98% canned
- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 0.3 cup soy sauce reduced-sodium
- ☐ 1 cup cashew pieces

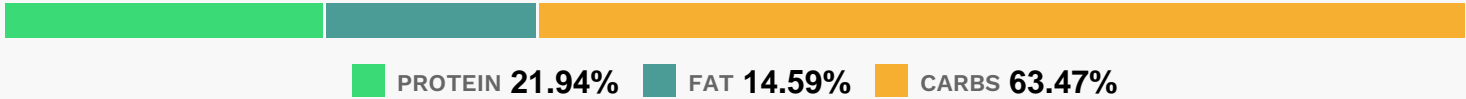
# Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave

# Directions

- ☐ In 10- or 9-inch glass pie plate, arrange chicken, thickest parts to outside edges (sides of chicken will touch). Cover plate with microwavable plastic wrap, folding back one corner or edge 1/4 inch to vent steam. Microwave on Medium (50%) 14 to 16 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Let stand 5 minutes. Cool slightly; cut into desired size of pieces.
- ☐ Meanwhile, heat oven to 350°F. Spray 3-quart casserole with cooking spray. Separate cans from chow mein mix.
- ☐ Drain large can of vegetables. In bottom of casserole, place 1 1/2 cups of the chow mein noodles. In large bowl, stir together both cans of chow mein mix, the pea pods, soup, water chestnuts, soy sauce and 3/4 cup of the cashews.
- ☐ Stir chicken into chow mein mixture. Spoon over chow mein noodles in casserole.
- ☐ Cover with foil; bake about 1 hour or until hot. In small bowl, mix remaining 1 1/2 cups noodles and 1/4 cup cashews; sprinkle over casserole.
- ☐ Bake uncovered 5 minutes longer.

# Nutrition Facts



# Properties

Glycemic Index:11.37, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:26.545217576234%

# Nutrients (% of daily need)

Calories: 1238.11kcal (61.91%), Fat: 19.91g (30.63%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 194.96g (64.99%), Net Carbohydrates: 178.42g (64.88%), Sugar: 8.84g (9.82%), Cholesterol: 76.64mg (25.55%), Sodium: 2445.23mg (106.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.41g (134.82%), Fiber: 16.54g (66.16%), Iron: 11.78mg (65.42%), Vitamin B3: 12.78mg (63.92%), Selenium: 42.23µg (60.33%), Vitamin B6: 1.1mg (55.1%), Phosphorus: 427.67mg (42.77%), Copper: 0.66mg (32.88%), Manganese: 0.59mg (29.65%), Magnesium: 112.49mg (28.12%), Vitamin C: 21.88mg (26.52%), Vitamin B5: 2.26mg (22.62%), Potassium: 758.65mg (21.68%), Vitamin K: 17.92µg (17.07%), Zinc: 2.44mg (16.29%), Vitamin B1: 0.23mg (15.32%), Vitamin B2: 0.22mg (12.66%), Vitamin A: 481.55IU (9.63%), Folate: 32.72µg (8.18%), Vitamin E: 1.15mg (7.66%), Calcium: 40.24mg (4.02%), Vitamin B12: 0.23µg (3.78%)