



Chicken Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces buttery crackers crushed oval-shaped reduced-fat (80 crackers)
- 48 ounce chicken breast halves bone-in skinless
- 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
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- 8 ounce carton cream sour reduced-fat
- 1 tablespoon butter melted
- 0.5 teaspoon pepper
- 1 teaspoon pepper
- 4 cups water

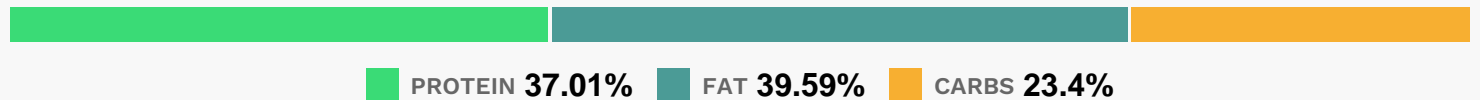
Equipment

- oven
- baking pan
- dutch oven

Directions

- Combine first 3 ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 hour or until tender.
- Remove chicken, and cool slightly.
- Preheat oven to 32
- Bone chicken; cut chicken into bite-size pieces.
- Combine chicken, chicken soup, and next 3 ingredients, stirring well.
- Place half of crushed crackers in an 11- x 7-inch baking dish coated with cooking spray; spoon chicken mixture evenly over crackers. Top with remaining crackers, and drizzle with margarine.
- Bake, uncovered, at 325 for 35 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:22.867825881295%

Nutrients (% of daily need)

Calories: 447.18kcal (22.36%), Fat: 19.31g (29.71%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 24.7g (8.98%), Sugar: 3.09g (3.44%), Cholesterol: 126.02mg (42.01%), Sodium: 957.37mg (41.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.62g (81.24%), Vitamin B3: 19.4mg (97%), Selenium: 58.04µg (82.92%), Vitamin B6: 1.3mg (65.09%), Phosphorus: 478.96mg (47.9%), Vitamin B5: 2.96mg (29.59%), Potassium: 784.91mg (22.43%), Vitamin K: 23.38µg (22.27%), Vitamin B2: 0.31mg (18.41%), Vitamin B1: 0.26mg (17.32%), Manganese: 0.33mg (16.43%), Vitamin E: 2.19mg (14.61%), Magnesium: 57.75mg (14.44%), Iron: 2.55mg (14.15%), Calcium: 115.39mg (11.54%), Copper: 0.2mg (10.07%), Zinc: 1.47mg (9.82%), Folate: 31.94µg (7.98%), Vitamin B12: 0.48µg (7.94%), Vitamin A: 385.42IU (7.71%), Fiber: 0.98g (3.9%), Vitamin C: 2.41mg (2.93%), Vitamin D:

0.23µg (1.51%)