



Chicken Casserole Del Sol

READY IN



60 min.

SERVINGS



6

CALORIES



981 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter melted
- 4 ounce mushrooms drained sliced canned
- 21.5 ounce cream of chicken soup canned
- 1 cup cornflakes cereal crushed
- 0.5 teaspoon curry powder
- 2 teaspoons parsley fresh chopped
- 14.5 ounce green beans french-style drained canned
- 2 teaspoons juice of lemon
- 1 cup mayonnaise

- 16 ounce rigatoni pasta uncooked
- 1 cup cheddar cheese shredded
- 2 chicken breast halves boneless skinless

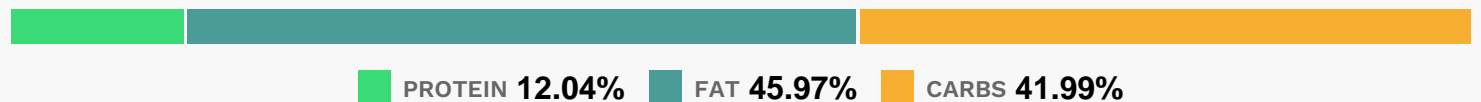
Equipment

- bowl
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cook the rigatoni according to package directions until al dente. Meanwhile, in a separate saucepan, boil the chicken breasts until fully cooked.
- In a large bowl, combine the soup, mayonnaise, lemon juice, curry powder, green beans and mushrooms.
- Drain and stir in the rigatoni. Cube the cooked chicken breasts and stir this in as well.
- Transfer this mixture to a large casserole dish.
- Sprinkle the cheese on top over all. In a medium bowl, combine the butter and the corn flakes and spread this mixture over the cheese. Finally, top off by sprinkling with the parsley.
- Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes, or until the cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:27.4, Inflammation Score:-9, Nutrition Score:39.925217628479%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 981.02kcal (49.05%), Fat: 50.37g (77.49%), Saturated Fat: 15.08g (94.28%), Carbohydrates: 103.51g (34.5%), Net Carbohydrates: 97.43g (35.43%), Sugar: 9.32g (10.35%), Cholesterol: 87.08mg (29.03%), Sodium: 1554.43mg (67.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.38%), Selenium: 72.53µg (103.62%), Vitamin K: 96.46µg (91.86%), Iron: 14.61mg (81.18%), Vitamin B3: 13.5mg (67.48%), Vitamin B6: 1.22mg (61.12%), Vitamin B2: 0.9mg (52.85%), Manganese: 1.01mg (50.52%), Vitamin B1: 0.72mg (47.77%), Folate: 189.54µg (47.38%), Phosphorus: 429.3mg (42.93%), Vitamin B12: 2.31µg (38.46%), Vitamin A: 1827.05IU (36.54%), Copper: 0.54mg (27.17%), Fiber: 6.09g (24.34%), Magnesium: 95.45mg (23.86%), Vitamin C: 17.9mg (21.7%), Zinc: 3.04mg (20.25%), Calcium: 200.73mg (20.07%), Potassium: 621.62mg (17.76%), Vitamin E: 2.66mg (17.72%), Vitamin B5: 1.61mg (16.1%), Vitamin D: 1.68µg (11.22%)