



Chicken Cordon Bleu Casserole

READY IN



65 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup peas sweet frozen
- 0.5 cup chicken broth
- 0.5 cup cream sour
- 12 oz campbell's chicken gravy
- 3 cups extra wide egg noodles uncooked
- 0.5 cup finely-chopped ham diced cooked
- 1 teaspoon paprika
- 0.3 teaspoon pepper
- 16 oz chicken breast halves boneless skinless

- 0.5 teaspoon lawry's seasoned salt
- 4 oz swiss cheese halved

Equipment

- bowl
- oven
- whisk
- aluminum foil

Directions

- Heat oven to 375°F. In large bowl, combine broth, sour cream and gravy; mix well with wire whisk. Stir in uncooked noodles, peas, ham, paprika and 1/8 teaspoon of the pepper. Spoon into ungreased shallow 2-quart casserole.
- Place chicken over noodle mixture; sprinkle with seasoned salt and remaining 1/8 teaspoon pepper. Cover with foil.
- Bake covered at 375°F. for 30 minutes.
- Uncover casserole; bake 20 minutes or until chicken is fork-tender and juices run clear, and noodles are tender and thoroughly heated.
- Place 2 cheese slice halves over each chicken breast half.
- Bake an additional 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:40.58, Glycemic Load:10.06, Inflammation Score:-8, Nutrition Score:25.820434990137%

Nutrients (% of daily need)

Calories: 518.78kcal (25.94%), Fat: 24.24g (37.29%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 28.86g (10.49%), Sugar: 5.19g (5.76%), Cholesterol: 157.54mg (52.51%), Sodium: 1138.94mg (49.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.36g (82.73%), Selenium: 71.95µg (102.78%), Vitamin B3: 13.85mg (69.23%), Phosphorus: 574.73mg (57.47%), Vitamin B6: 1.05mg (52.55%), Calcium:

309.96mg (31%), Vitamin A: 1279.27IU (25.59%), Vitamin B12: 1.43µg (23.85%), Vitamin C: 19.42mg (23.53%),
Manganese: 0.46mg (22.93%), Vitamin B5: 2.27mg (22.72%), Zinc: 3.35mg (22.32%), Vitamin B2: 0.38mg (22.26%),
Vitamin B1: 0.31mg (20.61%), Potassium: 691.73mg (19.76%), Magnesium: 74.58mg (18.64%), Fiber: 3.21g (12.85%),
Copper: 0.22mg (11.18%), Folate: 41.33µg (10.33%), Vitamin K: 10.79µg (10.28%), Iron: 1.81mg (10.07%), Vitamin E:
0.81mg (5.37%), Vitamin D: 0.2µg (1.33%)