



Chicken-Green Bean Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz green beans frozen
- 10.8 oz cream of mushroom soup canned
- 10 oz chicken chunk drained canned
- 0.5 cup milk
- 6 oz chow mein noodles
- 1 serving almonds sliced

Equipment

- oven

glass baking pan

Directions

Heat oven to 350°F. Cook green beans as directed on bag; drain.

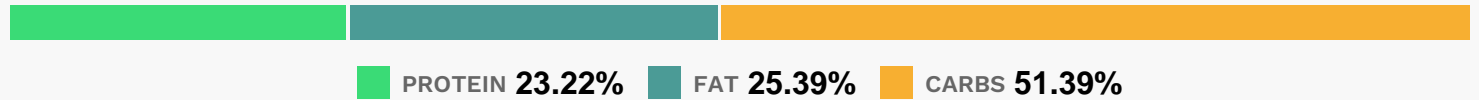
In 2-quart casserole or 8-inch square glass baking dish, mix soup, chicken and milk. Stir in beans.

Bake 30 to 40 minutes or until hot in center.

Serve over noodles.

Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.21, Inflammation Score:-6, Nutrition Score:11.982608846996%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 317.6kcal (15.88%), Fat: 9g (13.85%), Saturated Fat: 3g (18.75%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 36.22g (13.17%), Sugar: 5.01g (5.57%), Cholesterol: 32.98mg (10.99%), Sodium: 846.47mg (36.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Vitamin K: 37.17µg (35.4%), Manganese: 0.43mg (21.28%), Fiber: 4.76g (19.04%), Vitamin B3: 3.66mg (18.32%), Iron: 3.09mg (17.17%), Vitamin B6: 0.29mg (14.42%), Vitamin A: 683.87IU (13.68%), Phosphorus: 136.43mg (13.64%), Vitamin C: 10.92mg (13.24%), Vitamin B2: 0.22mg (12.94%), Copper: 0.23mg (11.51%), Potassium: 387.33mg (11.07%), Zinc: 1.62mg (10.8%), Magnesium: 37.73mg (9.43%), Folate: 35.55µg (8.89%), Selenium: 6µg (8.57%), Vitamin B1: 0.12mg (8.2%), Calcium: 76.45mg (7.64%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.39µg (6.53%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.4µg (2.69%)