



Chicken Noodle Bake

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups chicken breast diced cooked
- ☐ 6 lasagna noodles cooked
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh minced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 Dash garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup cream cheese light

- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 2 tablespoons butter
- ☐ 0.5 cup nonfat mayonnaise
- ☐ 0.5 cup nonfat cream sour
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup skim milk

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

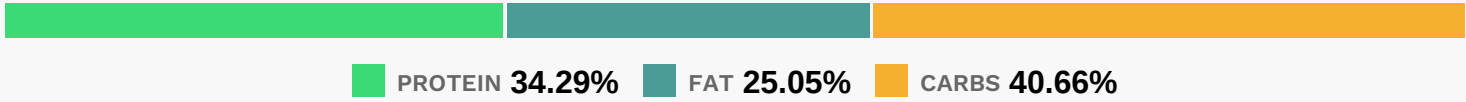
Directions

- ☐ Combine first 4 ingredients in a medium bowl; beat at high speed of a mixer until well-blended. Stir in onion, bell pepper, and 1/4 cup parsley; set aside.
- ☐ Melt the margarine in a medium saucepan over medium heat.
- ☐ Add flour, and cook 1 minute, stirring constantly with a wire whisk. Gradually add milk and broth, stirring constantly. Bring to a boil over medium heat, and cook 3 minutes or until thickened, stirring constantly. Stir in poultry seasoning, salt, pepper, and garlic powder.
- ☐ Remove from heat; set sauce aside.
- ☐ Arrange 3 noodles in bottom of a 13 x 9-inch baking dish coated with cooking spray; top with half of cottage cheese mixture, half of chicken, and half of sauce. Repeat layers, ending with

sauce.

- ☐
- Combine breadcrumbs, 2 tablespoons parsley, and paprika; sprinkle over casserole.
- ☐
- Bake, uncovered, at 375 for 30 minutes.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.72, Glycemic Load:9.74, Inflammation Score:-6, Nutrition Score:15.864347737768%

Flavonoids

Apigenin: 6.2mg, Apigenin: 6.2mg, Apigenin: 6.2mg, Apigenin: 6.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 320.58kcal (16.03%), Fat: 8.8g (13.53%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.12g (10.95%), Sugar: 5.37g (5.97%), Cholesterol: 56.91mg (18.97%), Sodium: 516.9mg (22.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.19%), Vitamin K: 53.42µg (50.87%), Selenium: 34.16µg (48.8%), Vitamin B3: 8.83mg (44.16%), Phosphorus: 272.94mg (27.29%), Vitamin B6: 0.43mg (21.4%), Vitamin B2: 0.26mg (15.38%), Manganese: 0.3mg (15.21%), Vitamin C: 12.07mg (14.63%), Vitamin B1: 0.19mg (12.77%), Vitamin A: 609.76IU (12.2%), Iron: 2.15mg (11.92%), Vitamin B12: 0.69µg (11.51%), Calcium: 114.1mg (11.41%), Potassium: 369.11mg (10.55%), Magnesium: 37.91mg (9.48%), Folate: 37.59µg (9.4%), Vitamin B5: 0.9mg (8.98%), Zinc: 1.33mg (8.9%), Fiber: 2g (8.02%), Copper: 0.15mg (7.47%), Vitamin E: 0.41mg (2.76%), Vitamin D: 0.27µg (1.77%)