



## Chicken Noodle Casserole

 Popular

READY IN



95 min.

SERVINGS



8

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 medium carrots halved lengthwise sliced
- 1 large stalk celery sliced
- 4 cups chicken broth
- 0.5 cup cooking wine dry white
- 0.3 cup flour all-purpose
- 2 sprigs thyme leaves fresh
- 4 ounces gouda cheese shredded
- 1 cup heavy cream

- 8 servings kosher salt
- 2 tablespoons parsley chopped
- 1.5 cups pearl onions frozen thawed
- 8 servings pepper freshly ground
- 2 cups rotisserie chicken cut shredded
- 6 tablespoons butter unsalted plus more for greasing dish
- 10 ounces mushrooms white halved quartered
- 12 ounces extra-wide egg noodles

## Equipment

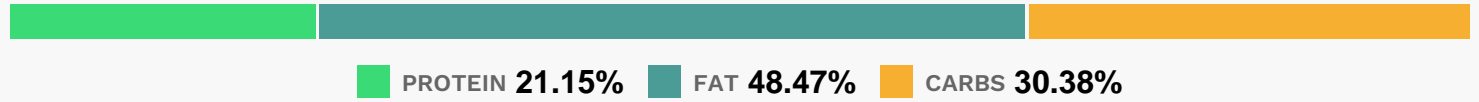
- bowl
- oven
- whisk
- pot
- casserole dish
- dutch oven

## Directions

- Preheat the oven to 375 degrees F. Butter a 3-quart casserole dish.
- Bring a large pot of generously salted water to a boil.
- Add the egg noodles and cook until al dente, about 4 minutes. Strain.
- Meanwhile, heat 2 tablespoons of the butter in a large Dutch oven or pot over medium-high heat.
- Add the mushrooms and cook, stirring occasionally, until browned all over, about 3 minutes. Season with 1/2 teaspoon salt and a few grinds of pepper.
- Transfer to a small bowl and set aside.
- Lower the heat to medium and melt the remaining 4 tablespoons butter in the Dutch oven.
- Whisk in the flour to form a loose paste. Stir in the onions, carrots, celery and thyme and season with 1/2 teaspoon salt and a few grinds of pepper. Cook for 5 minutes to soften, then add the wine.

- Whisk for 30 seconds, then add the chicken broth and heavy cream. Bring to a boil, reduce heat and simmer for 10 minutes.
- Remove the thyme sprigs; fold in the noodles, mushrooms, chicken and parsley and season with salt and pepper.
- Transfer to the buttered casserole dish and top with the Gouda.
- Bake until bubbly and brown on top, 40 to 45 minutes.

## Nutrition Facts



### Properties

Glycemic Index:50.98, Glycemic Load:17.22, Inflammation Score:-9, Nutrition Score:16.764782656794%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

### Nutrients (% of daily need)

Calories: 567.98kcal (28.4%), Fat: 30.37g (46.72%), Saturated Fat: 16.59g (103.66%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 39.73g (14.45%), Sugar: 5.72g (6.36%), Cholesterol: 167.2mg (55.73%), Sodium: 985.83mg (42.86%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 29.81g (59.63%), Selenium: 42.38µg (60.54%), Vitamin A: 2215.54IU (44.31%), Manganese: 0.59mg (29.26%), Phosphorus: 261.61mg (26.16%), Vitamin B2: 0.41mg (24.01%), Vitamin K: 22.39µg (21.33%), Calcium: 163.03mg (16.3%), Copper: 0.3mg (15.13%), Vitamin B3: 2.96mg (14.78%), Vitamin B1: 0.21mg (13.75%), Zinc: 1.89mg (12.61%), Fiber: 3.09g (12.35%), Potassium: 420.15mg (12%), Vitamin B5: 1.2mg (11.96%), Folate: 46.93µg (11.73%), Vitamin B6: 0.23mg (11.62%), Magnesium: 45.38mg (11.35%), Iron: 1.66mg (9.25%), Vitamin C: 6.63mg (8.04%), Vitamin B12: 0.44µg (7.41%), Vitamin D: 0.9µg (6.02%), Vitamin E: 0.85mg (5.68%)