



HEALTH SCORE

53%

Chicken Noodle Casserole

READY IN



40 min.

SERVINGS



4

CALORIES



1772 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup bread crumbs
- ☐ 0.3 cup butter whole melted 2 tablespoons and 2 tablespoons
- ☐ 1 tablespoon canola oil
- ☐ 2 carrots sliced
- ☐ 3 stalks celery diced
- ☐ 16 ounce extra wide egg noodles drained
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 tablespoon milk
- ☐ 1.5 cups milk
- ☐ 0.5 medium onion diced
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1 cup peas frozen
- ☐ 1 box pie crust
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.8 cup mozzarella cheese shredded
- ☐ 1 teaspoon freshly thyme leaves chopped
- ☐ 5 cups water
- ☐ 4 pound meat from a rotisserie chicken whole cut into parts

Equipment

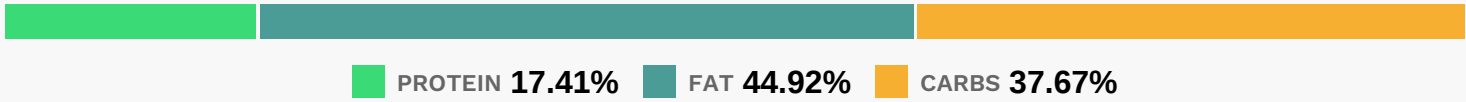
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ ramekin
- ☐ baking pan
- ☐ casserole dish
- ☐ cutting board
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Spray casserole baking dish with cooking spray.
- ☐ Melt 2 tablespoons of the whole butter in a saucepan over medium heat.
- ☐ Whisk in the flour and cook while constantly stirring for 2 minutes, to cook out the raw flour taste.
- ☐ Add the milk while whisking, until you have a smooth sauce. Stir in the chicken pot pie filling and bring to a simmer.
- ☐ In a small bowl, add the bread crumbs, the 2 tablespoons of remaining melted butter, the parsley, and salt and pepper, to taste. Stir to combine and set aside.
- ☐ In a large bowl combine the pot pie mixture and the noodles. Stir in the cheese and pour it into the casserole dish.
- ☐ Sprinkle the bread crumb mixture over the top of the casserole and bake until the top is golden brown, about 20 to 30 minutes.
- ☐ Prepare the pie crust according to the package directions. Divide it into 4 equal portions, cover with plastic wrap and refrigerate. Preheat the oven to 350 degrees F.
- ☐ Put the chicken breast in a medium pot and cover with 5 cups of water.
- ☐ Bring to a boil over medium heat and add salt, to taste. (Reserve the legs and thighs for another use.)
- ☐ Simmer until the chicken is completely cooked through, skimming any fat that rises to the surface, about 20 minutes.
- ☐ Remove chicken, to a cutting board and when cool enough to handle remove the meat and dice into 1/2-inch cubes. Reserve the broth the chicken was cooked in.
- ☐ In a medium pot heat the canola oil over medium heat.
- ☐ Add the onions, celery, carrots, salt and pepper, to taste, and cook until the onions are translucent, about 5 minutes. Stir in the flour, poultry seasoning, and thyme and cook for 2 minutes, stirring constantly. Slowly pour in the reserved 4 1/2 cups of chicken broth, whisking to remove any lumps.
- ☐ Add the chicken and peas, bring to a boil, then remove from the heat. (Reserve 2 cups for another use.)
- ☐ Divide the remaining mixture between 4 (14-ounce) ramekins. (Alternately, the pot pie can be made in 1 (9-inch) pie pan.)
- ☐ Roll out the 4 pieces of pie dough to 1/4-inch thick rounds.

- ☐ Brush the edges of the ramekins with milk. Cover each ramekin with a piece of dough and press around the edges to seal.
- ☐ Cut a steam vent in the top of each piece of dough and brush with milk. Arrange on a baking sheet and bake until the crust is golden brown and the filling is bubbling, about 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:159.54, Glycemic Load:46.39, Inflammation Score:-10, Nutrition Score:53.209130370099%

Flavonoids

Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 1771.96kcal (88.6%), Fat: 87.82g (135.11%), Saturated Fat: 31.22g (195.11%), Carbohydrates: 165.68g (55.23%), Net Carbohydrates: 154.63g (56.23%), Sugar: 12.32g (13.69%), Cholesterol: 317.07mg (105.69%), Sodium: 1200.11mg (52.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.59g (153.18%), Selenium: 141.04µg (201.48%), Vitamin A: 6650.22IU (133%), Vitamin B3: 22.95mg (114.75%), Manganese: 1.98mg (98.9%), Phosphorus: 939.73mg (93.97%), Vitamin B1: 1.03mg (68.78%), Vitamin B6: 1.29mg (64.72%), Vitamin B2: 0.94mg (55.53%), Vitamin K: 56.93µg (54.21%), Folate: 203.11µg (50.78%), Iron: 9.09mg (50.5%), Zinc: 7.44mg (49.57%), Fiber: 11.05g (44.19%), Magnesium: 174.61mg (43.65%), Vitamin B5: 4.18mg (41.78%), Calcium: 386.14mg (38.61%), Potassium: 1286.17mg (36.75%), Copper: 0.72mg (36.21%), Vitamin B12: 2.07µg (34.47%), Vitamin C: 23.89mg (28.96%), Vitamin E: 2.93mg (19.51%), Vitamin D: 1.91µg (12.72%)