



Chicken Noodle Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounces cream of chicken soup canned
- 2 cups roasted chicken cubed cooked
- 3 cups egg noodles dry cooked
- 4 servings parsley fresh chopped for garnish
- 0.1 teaspoon pepper black
- 0.5 cup milk
- 0.3 cup parmesan cheese grated

Equipment

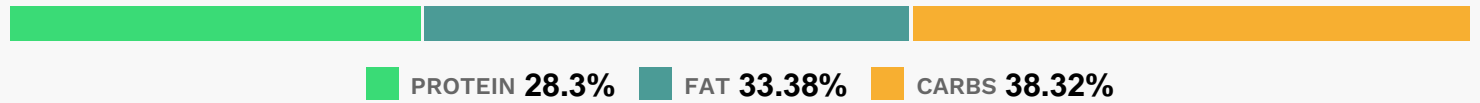
sauce pan

Directions

In large saucepan mix soup, milk, pepper, cheese, chicken and noodles. Over medium heat, heat through, stirring occasionally.

Garnish with parsley. TIP: For 2 cups cubed cooked chicken, in medium saucepan over medium heat, in 4 cups boiling water, cook 1 pound skinless, boneless chicken breasts or thighs, cubed, 5 min. or until chicken is no longer pink.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:17.31, Inflammation Score:-6, Nutrition Score:17.890434555385%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 406.05kcal (20.3%), Fat: 14.86g (22.87%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 36.81g (13.39%), Sugar: 2.4g (2.67%), Cholesterol: 104.31mg (34.77%), Sodium: 753.03mg (32.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.72%), Selenium: 50.85µg (72.64%), Vitamin K: 69.06µg (65.77%), Phosphorus: 335.28mg (33.53%), Vitamin B3: 6.39mg (31.94%), Manganese: 0.46mg (23.22%), Vitamin B6: 0.37mg (18.57%), Zinc: 2.59mg (17.3%), Calcium: 150.45mg (15.04%), Iron: 2.67mg (14.81%), Vitamin B2: 0.24mg (13.93%), Copper: 0.27mg (13.27%), Vitamin A: 651.36IU (13.03%), Vitamin B5: 1.3mg (13%), Magnesium: 51.63mg (12.91%), Vitamin B12: 0.59µg (9.8%), Potassium: 327.31mg (9.35%), Vitamin B1: 0.11mg (7.48%), Vitamin C: 5.4mg (6.54%), Fiber: 1.59g (6.35%), Folate: 20.01µg (5%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.5µg (3.31%)