



Chicken Noodle Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 40 ounce stouffer's favorites escalloped chicken and noodles family style
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 ounce pimientos diced drained
- ☐ 8 ounces cheddar cheese shredded

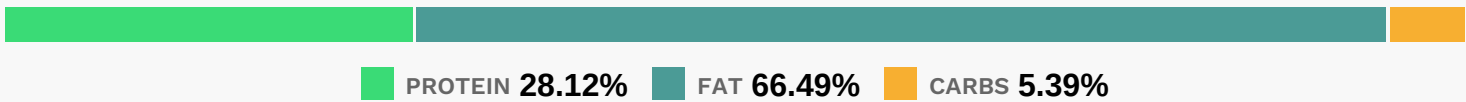
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Thaw escalloped chicken and noodles in refrigerator overnight.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut until tender.
- ☐ Add cheese, and cook, stirring constantly, until cheese melts. Stir in escalloped chicken and noodles, diced pimienta, and pepper. Spoon into a lightly greased 9-inch square baking dish.
- ☐ Sprinkle with breadcrumbs.
- ☐ Bake at 350 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:18.951304477194%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 568.41kcal (28.42%), Fat: 41.62g (64.03%), Saturated Fat: 17.14g (107.13%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.72g (2.44%), Sugar: 1.71g (1.9%), Cholesterol: 158.76mg (52.92%), Sodium: 523.48mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.6g (79.21%), Selenium: 37.02µg (52.89%), Vitamin B3: 9.74mg (48.72%), Phosphorus: 476.65mg (47.66%), Calcium: 431.11mg (43.11%), Vitamin B6: 0.58mg (29.01%), Zinc: 4mg (26.67%), Vitamin B2: 0.45mg (26.44%), Vitamin A: 1203.08IU (24.06%), Vitamin C: 18.22mg (22.08%), Vitamin B12: 1.04µg (17.37%), Vitamin B5: 1.53mg (15.26%), Magnesium: 47.69mg (11.92%), Iron: 1.9mg (10.54%), Vitamin B1: 0.16mg (10.52%), Potassium: 366mg (10.46%), Folate: 29.78µg (7.44%), Vitamin E: 1.02mg (6.8%), Manganese: 0.13mg (6.45%), Copper: 0.11mg (5.69%), Vitamin K: 5.45µg (5.19%), Vitamin D: 0.61µg (4.08%), Fiber: 0.88g (3.52%)