



Chicken Noodle Casserole Dish

READY IN



35 min.

SERVINGS



6

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 c bread crumbs italian
- 2 tbsp butter
- 1 c carrots frozen
- 3 c chicken broth
- 16 oz egg noodles cooked
- 0.5 c flour
- 1 c corn frozen
- 0.5 tsp garlic powder
- 1 tsp seasoning italian

- 2 c milk
- 1 c parmesan shredded
- 0.7 c parmesan shredded
- 1 c peas frozen
- 6 servings salt and pepper to taste
- 1 lb chicken shredded cooked
- 0.5 c mozzarella cheese shredded
- 1 c cream sour
- 1 onion diced sweet

Equipment

- bowl
- oven
- whisk
- casserole dish

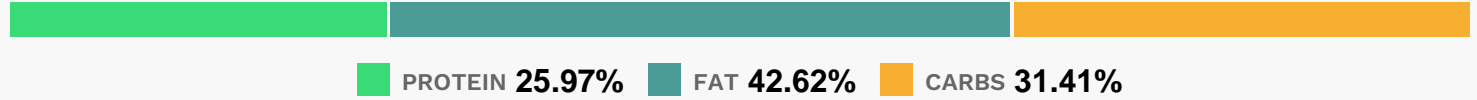
Directions

- Preheat oven to 350 degrees
- Sautee onion in 2 tbsp olive oil
- When onion is soft, add chicken broth
- Add frozen veggies
- Bring to a boil then reduce heat and simmer 2 min
- Slowly whisk in flour
- Slowly whisk in milk
- Add sour cream, cheeses and chicken
- Mix in noodles
- Pour into a 13x9 casserole dish coated with butter
- Mix rest of parmesan, bread crumbs and butter in a separate bowl
- Sprinkle topping on top of casserole

Bake for 25 minutes until top is golden

Enjoy!

Nutrition Facts



Properties

Glycemic Index:65.86, Glycemic Load:18.17, Inflammation Score:-10, Nutrition Score:29.539565217391%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Taste

Sweetness: 35.08%, Saltiness: 100%, Sourness: 18.49%, Bitterness: 20.61%, Savoriness: 50.82%, Fattiness: 78.54%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 658.66kcal (32.93%), Fat: 31.31g (48.17%), Saturated Fat: 15.83g (98.94%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 47.26g (17.19%), Sugar: 12.27g (13.63%), Cholesterol: 149.79mg (49.93%), Sodium: 1297.75mg (56.42%), Protein: 42.92g (85.84%), Vitamin A: 4573.7IU (91.47%), Selenium: 52.54µg (75.06%), Phosphorus: 631.55mg (63.16%), Calcium: 570.65mg (57.07%), Vitamin B3: 8.71mg (43.56%), Vitamin B2: 0.63mg (36.91%), Vitamin B6: 0.64mg (32.11%), Manganese: 0.62mg (31.24%), Zinc: 3.93mg (26.22%), Vitamin B1: 0.38mg (25.15%), Vitamin B12: 1.38µg (23.08%), Magnesium: 88.71mg (22.18%), Potassium: 723.54mg (20.67%), Folate: 78.93µg (19.73%), Vitamin C: 15.91mg (19.28%), Fiber: 4.66g (18.65%), Vitamin B5: 1.79mg (17.89%), Iron: 3.16mg (17.53%), Copper: 0.27mg (13.4%), Vitamin K: 12.71µg (12.1%), Vitamin D: 1.15µg (7.64%), Vitamin E: 0.8mg (5.31%)