



Chicken Noodle Casserole I

READY IN



60 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter
- 1 cup round buttery crackers crumbled
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 6 ounces extra wide egg noodles
- 6 servings pepper black to taste
- 6 servings salt to taste
- 4 chicken breast halves boneless skinless
- 1 cup cream sour

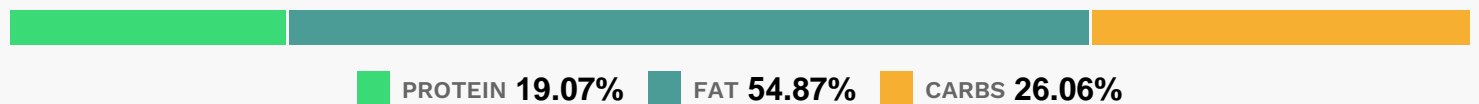
Equipment

- bowl
- sauce pan
- oven
- pot
- baking pan

Directions

- Poach chicken in a large pot of simmering water. Cook until no longer pink in center, about 12 minutes.
- Remove from pot and set aside. Bring chicken cooking water to a boil and cook pasta in it.
- Drain.
- Cut chicken into small pieces, and mix with noodles.
- In a separate bowl, mix together mushroom soup, chicken soup, and sour cream. Season with salt and pepper. Gently stir together cream soup mixture with the chicken mixture.
- Place in a 2 quart baking dish.
- Melt butter in a small saucepan, and remove from heat. Stir in crumbled crackers. Top casserole with the buttery crackers.
- Bake at 350 degrees F (175 degrees C) for about 30 minutes, until heated through and browned on top.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:10.06, Inflammation Score:-6, Nutrition Score:16.685217297595%

Nutrients (% of daily need)

Calories: 532.42kcal (26.62%), Fat: 32.46g (49.94%), Saturated Fat: 16.37g (102.34%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 33.39g (12.14%), Sugar: 2.94g (3.27%), Cholesterol: 141.92mg (47.31%), Sodium:

1225.56mg (53.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Selenium: 49.48µg (70.69%), Vitamin B3: 9.64mg (48.21%), Vitamin B6: 0.67mg (33.42%), Phosphorus: 318.13mg (31.81%), Manganese: 0.51mg (25.6%), Vitamin B5: 1.71mg (17.14%), Vitamin A: 844.71IU (16.89%), Vitamin B2: 0.25mg (14.84%), Copper: 0.29mg (14.6%), Potassium: 502.52mg (14.36%), Zinc: 1.89mg (12.62%), Iron: 2.2mg (12.22%), Magnesium: 47.9mg (11.98%), Vitamin B1: 0.17mg (11.07%), Vitamin E: 1.46mg (9.71%), Vitamin K: 9.44µg (8.99%), Calcium: 82.05mg (8.21%), Vitamin B12: 0.43µg (7.11%), Folate: 25.89µg (6.47%), Fiber: 1.29g (5.17%), Vitamin C: 1.3mg (1.58%), Vitamin D: 0.16µg (1.07%)