



 **95%**
HEALTH SCORE

Chicken Noodle Casserole II

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



6338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 4 ounces buttery round crackers crushed
- 30 ounce chicken chunks canned
- 21.5 ounce condensed cream of chicken and mushroom soup canned
- 8 ounce extra wide egg noodles uncooked
- 1 large onion diced
- 3 cups cheddar cheese shredded
- 1 pint cup heavy whipping cream sour

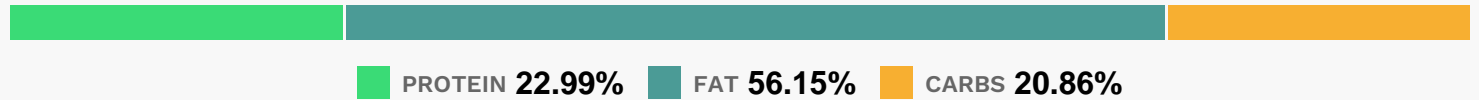
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). In medium skillet, fry onion in butter until softened.
- Pour into 9x13 baking dish.
- In large bowl, combine chicken chunks, sour cream and soup. Stir in 2 cups of shredded cheddar. Stir in uncooked egg noodles.
- Pour mixture over onions in baking dish. Top with crumbled crackers and remaining cheddar.
- Bake 30 minutes, or until top is golden and noodles are soft.

Nutrition Facts



Properties

Glycemic Index:191, Glycemic Load:91.94, Inflammation Score:-10, Nutrition Score:83.37739115176%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 6337.68kcal (316.88%), Fat: 393.68g (605.66%), Saturated Fat: 180.45g (1127.79%), Carbohydrates: 329.18g (109.73%), Net Carbohydrates: 316.53g (115.1%), Sugar: 40.43g (44.93%), Cholesterol: 1404.7mg (468.23%), Sodium: 12160.58mg (528.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 362.66g (725.31%), Selenium: 466.76µg (666.81%), Phosphorus: 4315.7mg (431.57%), Calcium: 3381.17mg (338.12%), Zinc: 42.38mg (282.57%),

Vitamin B2: 3.99mg (234.42%), Vitamin B12: 13.85µg (230.77%), Vitamin A: 10521.14IU (210.42%), Vitamin B3: 33.91mg (169.56%), Manganese: 3.25mg (162.27%), Iron: 28.1mg (156.08%), Vitamin B6: 2.78mg (139.17%), Magnesium: 494.04mg (123.51%), Vitamin K: 122.19µg (116.37%), Copper: 2.28mg (113.76%), Vitamin E: 16.5mg (109.98%), Potassium: 3373.35mg (96.38%), Vitamin B1: 1.23mg (82.05%), Folate: 306.4µg (76.6%), Vitamin B5: 6.9mg (68.95%), Fiber: 12.64g (50.57%), Vitamin D: 3.56µg (23.77%), Vitamin C: 15.97mg (19.36%)