



Chicken Susan

READY IN



60 min.

SERVINGS



4

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 stalks celery chopped
- ☐ 4 chicken breast halves with skin and bone, steamed
- ☐ 2 cups chicken stock see
- ☐ 16 ounce extra wide egg noodles fine
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.5 pound swiss cheese cubed

Equipment

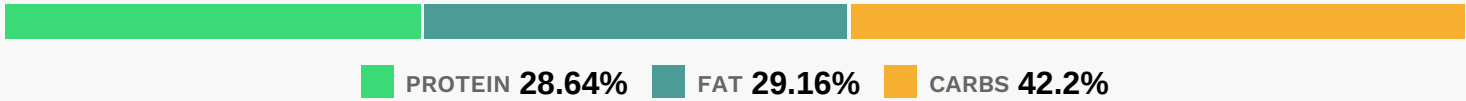
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place cooked egg noodles in a lightly greased 9x13 inch baking dish.
- ☐ Add cheese, mushrooms and celery and mix well; pour in chicken stock. (Note: If level of chicken stock cannot be seen through noodles, add more until it can.)
- ☐ Place chicken breasts on top of noodle mixture, bone side down.
- ☐ Bake at 400 degrees F (200 degrees C) for 30 minutes, or until skin is brown and crisp and chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:34.66, Inflammation Score:-8, Nutrition Score:36.037391507107%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 846.46kcal (42.32%), Fat: 27.21g (41.86%), Saturated Fat: 12.72g (79.53%), Carbohydrates: 88.62g (29.54%), Net Carbohydrates: 83.76g (30.46%), Sugar: 5.51g (6.13%), Cholesterol: 223.9mg (74.63%), Sodium: 465.79mg (20.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.14g (120.28%), Selenium: 149.85µg (214.07%), Phosphorus: 919.32mg (91.93%), Vitamin B3: 17.96mg (89.79%), Vitamin B6: 1.28mg (64.19%), Calcium: 571mg (57.1%), Manganese: 1.05mg (52.65%), Vitamin B2: 0.7mg (41.45%), Zinc: 5.78mg (38.53%), Vitamin B12: 2.29µg (38.11%), Vitamin B5: 3.7mg (37.05%), Potassium: 1117.69mg (31.93%), Magnesium: 127.38mg (31.85%), Copper: 0.63mg (31.27%), Vitamin B1: 0.36mg (24.04%), Fiber: 4.86g (19.45%), Iron: 3.22mg (17.88%), Folate: 71.07µg (17.77%), Vitamin A: 758.01IU (15.16%), Vitamin K: 13.55µg (12.9%), Vitamin E: 1.12mg (7.49%), Vitamin C: 3.84mg (4.66%), Vitamin D: 0.55µg (3.66%)