



Chinese Chicken Casserole Surprise

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup almonds sliced
- 4.5 ounce mushrooms drained sliced canned
- 8 ounce water chestnuts minced drained canned
- 1 cup celery diced
- 1 cup chicken broth
- 10.8 ounce cream of mushroom soup canned
- 5 ounce chow mein noodles crispy canned
- 5 ounce evaporated milk canned

- 0.7 cup cheddar cheese shredded
- 2 chicken breasts boneless skinless cubed cooked

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a lightly greased 9x13 inch baking dish, combine the chicken, broth, soup, milk, almonds, mushroom pieces, water chestnuts, noodles, cheese and celery (if using).
- Mix well and make sure mixture is spread evenly in the dish.
- Bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:18.659130438514%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 393.77kcal (19.69%), Fat: 20.27g (31.19%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 28.57g (10.39%), Sugar: 5.65g (6.27%), Cholesterol: 46.84mg (15.61%), Sodium: 964.9mg (41.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.81%), Selenium: 28.45µg (40.64%), Vitamin B3: 7.09mg (35.45%), Phosphorus: 342.06mg (34.21%), Vitamin E: 5.04mg (33.63%), Manganese: 0.63mg (31.28%),

Vitamin B2: 0.52mg (30.82%), Vitamin B6: 0.49mg (24.45%), Copper: 0.44mg (21.89%), Calcium: 213.22mg (21.32%), Magnesium: 84.55mg (21.14%), Fiber: 4.91g (19.64%), Zinc: 2.65mg (17.7%), Vitamin B1: 0.25mg (16.88%), Iron: 2.99mg (16.61%), Potassium: 573.15mg (16.38%), Folate: 54.1µg (13.52%), Vitamin B5: 1.33mg (13.35%), Vitamin B12: 0.34µg (5.59%), Vitamin K: 5.71µg (5.43%), Vitamin A: 270.09IU (5.4%), Vitamin C: 2.18mg (2.64%), Vitamin D: 0.18µg (1.19%)