

Corned Beef Noodle Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of chicken soup canned
- 12 ounce corned beef ribs canned
- 1 cup milk
- 0.5 cup onion chopped
- 4 ounces processed cheese food (eg. Velveeta)
- 1 cup seasoned bread crumbs dry
- 8 ounce extra wide egg noodles

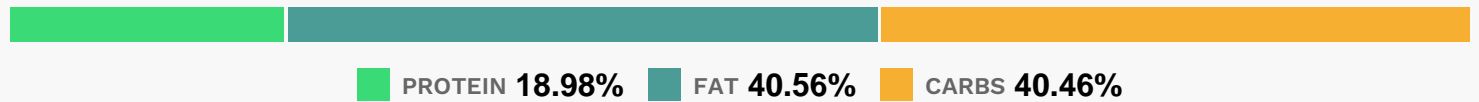
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook noodles until tender and drain.
- Combine noodles, corned beef, cheese, cream of chicken soup, milk and onion.
- Pour into a 2 quart casserole dish. Top with buttered bread crumbs.
- Bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:14.05, Inflammation Score:-6, Nutrition Score:19.196956593057%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 479.58kcal (23.98%), Fat: 21.48g (33.04%), Saturated Fat: 8.44g (52.77%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 45.74g (16.63%), Sugar: 5.08g (5.65%), Cholesterol: 90.41mg (30.14%), Sodium: 1653.53mg (71.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Selenium: 51.12µg (73.03%), Phosphorus: 374.67mg (37.47%), Calcium: 311.3mg (31.13%), Manganese: 0.59mg (29.62%), Vitamin B12: 1.69µg (28.2%), Zinc: 3.43mg (22.9%), Vitamin B3: 4.37mg (21.86%), Vitamin B1: 0.32mg (21.28%), Vitamin C: 16.89mg (20.47%), Vitamin B2: 0.33mg (19.61%), Iron: 3.35mg (18.59%), Vitamin B6: 0.33mg (16.56%), Copper: 0.3mg (15.14%), Magnesium: 52.22mg (13.06%), Potassium: 437.13mg (12.49%), Vitamin K: 12.14µg (11.56%), Vitamin B5: 1.13mg (11.34%), Folate: 42.66µg (10.66%), Fiber: 2.45g (9.82%), Vitamin A: 399.23IU (7.98%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.64mg (4.27%)