



Creamy Chicken Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups chow mein noodles
- 4 cups roasted chicken cubed cooked
- 13.8 ounces raspberry gelatin
- 16 ounces cream sour

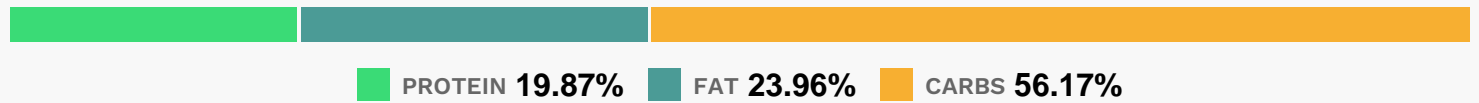
Equipment

- oven
- baking pan

Directions

- Prepare rice mix according to package directions.
- Remove from the heat; stir in the chicken and sour cream.
- Transfer to a greased 13-in. x 9-in. baking dish.
- Sprinkle with the chow mein noodles.
- Bake, uncovered, at 350° for 25–30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.9508695006371%

Nutrients (% of daily need)

Calories: 626.72kcal (31.34%), Fat: 16.7g (25.69%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 88.07g (29.36%), Net Carbohydrates: 84.9g (30.87%), Sugar: 45.07g (50.08%), Cholesterol: 85.95mg (28.65%), Sodium: 667.63mg (29.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.31%), Selenium: 22.59µg (32.28%), Vitamin B3: 5.57mg (27.87%), Phosphorus: 246.44mg (24.64%), Iron: 2.85mg (15.83%), Vitamin B6: 0.31mg (15.54%), Vitamin B2: 0.22mg (12.84%), Fiber: 3.17g (12.68%), Vitamin B5: 0.88mg (8.78%), Zinc: 1.26mg (8.37%), Vitamin A: 381.94IU (7.64%), Calcium: 67.13mg (6.71%), Potassium: 234.6mg (6.7%), Copper: 0.11mg (5.39%), Vitamin B12: 0.32µg (5.37%), Magnesium: 21.35mg (5.34%), Vitamin B1: 0.06mg (3.75%), Folate: 8.37µg (2.09%), Vitamin E: 0.22mg (1.44%), Manganese: 0.02mg (1.18%)