



## Creamy Chicken & Veggie Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounces soup noodles uncooked cooked drained
- 2 tablespoons cornstarch
- 0.3 cup spread country crock®
- 16 oz vegetables mixed frozen thawed drained
- 1 tub homestyle stock - reduced sodium chicken knorr®
- 2 cups milk 2%
- 2 tablespoons panko bread crumbs
- 1 pound chicken breasts boneless skinless cut into chunks

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 40
- Melt Country Crock
- Spread in large skillet over medium- high heat.
- Add chicken and cook until golden brown and thoroughly cooked.
- Stir in milk, corn starch and Knorr Homestyle Stock. Bring to a boil; reduce heat and cook 1 minute until thick and creamy, stirring constantly.
- Combine sauce with vegetables and pasta.
- Turn into 13 x 9-inch baking pan and sprinkle with bread crumbs.
- Bake 15 minutes until heated through and crumbs are lightly golden.
- Cost per recipe\*: \$31 Cost per serving\*: \$55 \*Based on average retail prices at national supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:12.03, Inflammation Score:-10, Nutrition Score:18.643912911415%

## Nutrients (% of daily need)

Calories: 282.92kcal (14.15%), Fat: 4.45g (6.84%), Saturated Fat: 1.6g (10%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 32.9g (11.96%), Sugar: 8.93g (9.92%), Cholesterol: 54.68mg (18.23%), Sodium: 188.25mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.69%), Vitamin A: 3941.82IU (78.84%), Selenium: 37.54µg (53.63%), Vitamin B3: 9.28mg (46.41%), Vitamin B6: 0.69mg (34.66%), Phosphorus: 305.33mg (30.53%), Vitamin B2: 0.31mg (18.44%), Manganese: 0.36mg (18.22%), Potassium: 580.69mg (16.59%), Fiber: 3.98g (15.92%), Vitamin B5: 1.54mg (15.43%), Vitamin B1: 0.21mg (14.17%), Magnesium: 55.14mg (13.79%), Calcium: 127.75mg

(12.78%), Vitamin C: 9.75mg (11.82%), Vitamin B12: 0.58µg (9.67%), Iron: 1.72mg (9.54%), Zinc: 1.4mg (9.36%), Folate: 36.12µg (9.03%), Copper: 0.15mg (7.62%), Vitamin E: 0.2mg (1.36%)