



Creamy Swiss Chicken Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of chicken soup canned
- 10 ounce extra wide egg noodles uncooked
- 0.3 cup milk
- 4 chicken breast halves boneless skinless
- 4 slices swiss cheese

Equipment

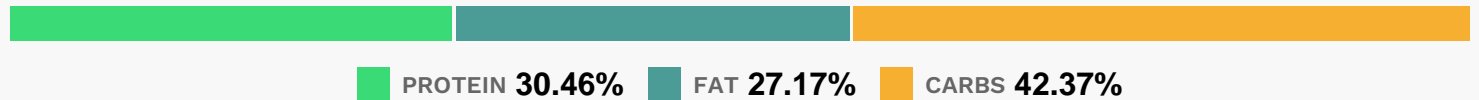
- bowl
- oven

- pot
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8x8 inch casserole dish.
- In a bowl, mix the soup and milk. Arrange chicken breast halves in the casserole dish. Top each breast half with a slice of cheese.
- Pour soup and milk over the chicken.
- Sprinkle with mushrooms.
- Bake 30 minutes in the preheated oven, or until sauce is bubbly and chicken juices run clear.
- Bring a large pot of lightly salted water to a boil.
- Add noodles and cook for 8 to 10 minutes, until al dente; drain.
- Serve chicken and mushroom sauce over the cooked noodles.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:23.88, Inflammation Score:-5, Nutrition Score:23.154347979504%

Nutrients (% of daily need)

Calories: 545.51kcal (27.28%), Fat: 16.23g (24.97%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 54.59g (19.85%), Sugar: 2.48g (2.75%), Cholesterol: 155.59mg (51.86%), Sodium: 718.06mg (31.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.86%), Selenium: 98.86µg (141.23%), Vitamin B3: 13.6mg (68%), Phosphorus: 544.71mg (54.47%), Vitamin B6: 1.02mg (51.03%), Manganese: 0.68mg (33.81%), Vitamin B5: 2.53mg (25.33%), Calcium: 211.18mg (21.12%), Zinc: 3.04mg (20.28%), Magnesium: 80.97mg (20.24%), Potassium: 663.31mg (18.95%), Copper: 0.35mg (17.33%), Vitamin B12: 1.03µg (17.12%), Vitamin B2: 0.28mg (16.73%), Iron: 2.59mg (14.41%), Vitamin B1: 0.21mg (14.21%), Fiber: 2.34g (9.36%), Vitamin A: 382.31IU (7.65%), Folate: 28.13µg (7.03%), Vitamin E: 1mg (6.65%), Vitamin K: 3.99µg (3.8%), Vitamin D: 0.49µg (3.29%), Vitamin C: 1.43mg (1.74%)