



## Easy Breezy Casserole

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10.8 ounce cream of chicken soup canned
- 1 cup macaroni cooked
- 0.5 cup mayonnaise
- 3 chicken breast halves boneless skinless cubed cooked

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the chicken, soup, mayonnaise and macaroni; mix well and spread mixture into a 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until cooked through.

## Nutrition Facts



## Properties

Glycemic Index:35.67, Glycemic Load:7.48, Inflammation Score:-3, Nutrition Score:13.298695566862%

## Nutrients (% of daily need)

Calories: 410.89kcal (20.54%), Fat: 27.86g (42.86%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 15.79g (5.74%), Sugar: 0.77g (0.85%), Cholesterol: 72.1mg (24.03%), Sodium: 811.31mg (35.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.21%), Selenium: 38.45µg (54.93%), Vitamin K: 48.93µg (46.6%), Vitamin B3: 9.28mg (46.39%), Vitamin B6: 0.65mg (32.71%), Phosphorus: 227.77mg (22.78%), Vitamin B5: 1.44mg (14.41%), Potassium: 371.91mg (10.63%), Vitamin E: 1.51mg (10.08%), Manganese: 0.18mg (8.96%), Copper: 0.16mg (8.04%), Magnesium: 31.66mg (7.92%), Vitamin B2: 0.13mg (7.77%), Iron: 1.36mg (7.53%), Zinc: 0.93mg (6.22%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 182.29IU (3.65%), Vitamin B12: 0.2µg (3.38%), Fiber: 0.63g (2.52%), Folate: 8.76µg (2.19%), Calcium: 19.59mg (1.96%), Vitamin C: 1.09mg (1.33%)