



Easy Chicken Casserole

READY IN



45 min.

SERVINGS



5

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 32 round buttery crackers
- 10.8 ounce cream of chicken soup canned
- 4 chicken breast halves boneless skinless
- 1 cup cream sour

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Boil chicken until cooked through (no longer pink inside), about 20–30 minutes. Chop into bite size pieces and place in a 9x13 inch baking dish.
- Combine soup, sour cream, onion (optional) and mushrooms (optional).
- Pour mixture over chicken and top with crumbled crackers. Cover and bake at 350 degrees F (175 degrees C) for 30 minutes (or freeze for baking at another time).

Nutrition Facts

 **PROTEIN 27.2%**  **FAT 50.85%**  **CARBS 21.95%**

Properties

Glycemic Index:8.6, Glycemic Load:1.88, Inflammation Score:-4, Nutrition Score:13.580869519192%

Nutrients (% of daily need)

Calories: 343.46kcal (17.17%), Fat: 19.24g (29.6%), Saturated Fat: 7.24g (45.25%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 18.25g (6.63%), Sugar: 3.46g (3.85%), Cholesterol: 89.87mg (29.96%), Sodium: 716.35mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.31%), Vitamin B3: 10.65mg (53.24%), Selenium: 32.67µg (46.67%), Vitamin B6: 0.71mg (35.37%), Phosphorus: 296.11mg (29.61%), Vitamin B5: 1.63mg (16.31%), Vitamin B2: 0.25mg (14.51%), Potassium: 444.69mg (12.71%), Vitamin K: 12.97µg (12.35%), Vitamin B1: 0.16mg (10.66%), Iron: 1.87mg (10.39%), Vitamin E: 1.35mg (8.97%), Calcium: 89.08mg (8.91%), Magnesium: 34.19mg (8.55%), Vitamin A: 424.63IU (8.49%), Manganese: 0.16mg (8.19%), Copper: 0.13mg (6.73%), Zinc: 0.97mg (6.47%), Folate: 21.42µg (5.35%), Vitamin B12: 0.28µg (4.62%), Vitamin C: 1.56mg (1.89%), Fiber: 0.44g (1.77%)