



Grandma's Chicken Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups chicken shredded cooked chopped
- 21 oz cream of chicken soup canned
- 8 oz cheddar cheese shredded
- 3 cups panko bread crumbs plain crispy
- 6 tablespoons butter melted

Equipment

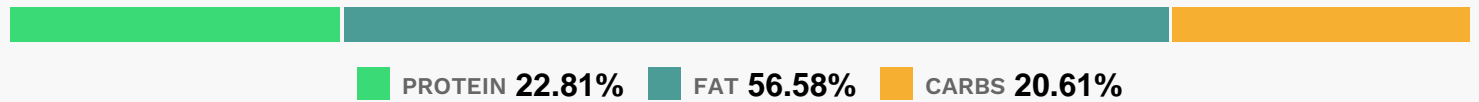
- bowl
- oven

baking pan

Directions

- Heat oven to 350°F.
- Evenly place chicken in bottom of ungreased 13x9-inch (3-quart) baking dish.
- Spoon and evenly spread soup over chicken.
- Evenly sprinkle cheese over soup.
- In a medium bowl, combine bread crumbs and butter until well mixed.
- Evenly sprinkle bread crumb mixture over cheese.
- Bake for 30 to 35 minutes or until the cheese is melted, the bread crumbs are golden brown and the casserole is heated through.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:13.086086966421%

Nutrients (% of daily need)

Calories: 434.48kcal (21.72%), Fat: 27.12g (41.73%), Saturated Fat: 13.32g (83.27%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 21.21g (7.71%), Sugar: 1.9g (2.11%), Cholesterol: 96.25mg (32.08%), Sodium: 979.41mg (42.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Selenium: 28.13µg (40.18%), Vitamin B3: 5.94mg (29.71%), Phosphorus: 293.36mg (29.34%), Calcium: 260.84mg (26.08%), Vitamin B2: 0.33mg (19.45%), Vitamin B1: 0.27mg (17.9%), Zinc: 2.39mg (15.93%), Iron: 2.56mg (14.21%), Vitamin A: 703.42IU (14.07%), Manganese: 0.27mg (13.46%), Vitamin B6: 0.26mg (13.12%), Copper: 0.19mg (9.6%), Vitamin B12: 0.55µg (9.16%), Vitamin B5: 0.91mg (9.06%), Folate: 34.46µg (8.61%), Magnesium: 31.54mg (7.89%), Potassium: 225.14mg (6.43%), Vitamin E: 0.88mg (5.84%), Vitamin K: 5.95µg (5.67%), Fiber: 1.01g (4.05%), Vitamin D: 0.17µg (1.13%)