



Ham and Chicken Casserole

READY IN



55 min.

SERVINGS



2

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup celery chopped
- 0.5 cup rotisserie chicken breast meat cubed cooked
- 0.5 cup ham diced cooked
- 0.5 cup extra wide egg noodles uncooked
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 cup milk
- 1 teaspoon paprika

- 0.3 teaspoon salt
- 3 ounces cheddar cheese shredded

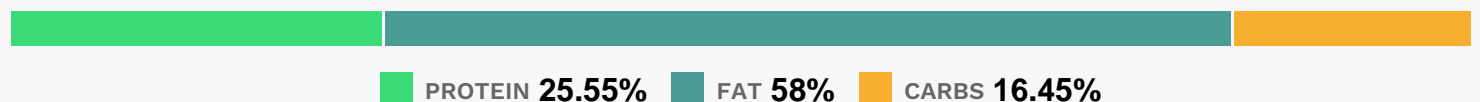
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.
- Bring a saucepan of lightly salted water to a boil. Cook egg noodles in boiling water for 6 to 8 minutes, or until al dente.
- Drain.
- Melt butter in a saucepan over medium-low heat.
- Mix in flour, heating until bubbly. Slowly whisk in milk. Cook for 5 minutes, stirring constantly, or until thick and smooth.
- Remove the saucepan from heat.
- Mix in the noodles, chicken, ham, celery, salt, and pepper. Spoon the mixture into the prepared baking dish.
- Bake for 15 minutes in the preheated oven.
- Sprinkle with cheese and paprika, and continue baking for another 5 minutes.
- Serve hot!

Nutrition Facts



Properties

Glycemic Index:156.5, Glycemic Load:9.55, Inflammation Score:-8, Nutrition Score:17.127391141394%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 504.36kcal (25.22%), Fat: 32.64g (50.21%), Saturated Fat: 18.14g (113.36%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 19.69g (7.16%), Sugar: 7g (7.77%), Cholesterol: 140.26mg (46.75%), Sodium: 1115.57mg (48.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.69%), Selenium: 34.31µg (49.01%), Calcium: 472.39mg (47.24%), Phosphorus: 438.7mg (43.87%), Vitamin A: 1537.43IU (30.75%), Vitamin B3: 5.74mg (28.71%), Vitamin B2: 0.47mg (27.42%), Vitamin B12: 1.28µg (21.33%), Vitamin B6: 0.37mg (18.47%), Zinc: 2.72mg (18.15%), Vitamin B1: 0.19mg (12.47%), Magnesium: 47.32mg (11.83%), Vitamin B5: 1.16mg (11.63%), Potassium: 398.92mg (11.4%), Vitamin D: 1.66µg (11.07%), Manganese: 0.21mg (10.45%), Folate: 32.31µg (8.08%), Iron: 1.41mg (7.83%), Vitamin E: 1.17mg (7.78%), Vitamin K: 7.45µg (7.1%), Fiber: 1.13g (4.52%), Copper: 0.09mg (4.33%)