



Hearty Chicken & Noodle Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% 25% canned (regular, or Less Sodium)
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 2 cups extra wide egg noodles cooked drained
- ☐ 1 cup vegetables mixed frozen
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 ounces cheddar cheese shredded

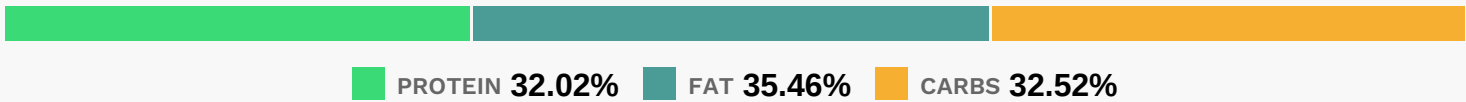
Equipment

- ☐ oven
- ☐ casserole dish
- ☐ corkscrew

Directions

- ☐ Stir the soup, milk, black pepper, vegetables, chicken, noodles and Parmesan cheese in a 1 1/2-quart casserole dish.
- ☐ Bake at 400F. for 25 minutes or until the vegetables are tender. Stir the chicken mixture. Top with the Cheddar cheese.Golden Onion Chicken & Noodle Casserole: Substitute 1/2 cup crushed French fried onions for the Cheddar cheese.Hearty Chicken Casserole with a Twist: Substitute 2 cups cooked corkscrew-shaped pasta for the egg noodles.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:12.17, Inflammation Score:-9, Nutrition Score:18.752173887647%

Nutrients (% of daily need)

Calories: 405.65kcal (20.28%), Fat: 15.91g (24.48%), Saturated Fat: 6.82g (42.63%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 29.88g (10.86%), Sugar: 1.84g (2.04%), Cholesterol: 102.78mg (34.26%), Sodium: 831.76mg (36.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.65%), Selenium: 43.31µg (61.87%), Vitamin A: 2602.18IU (52.04%), Phosphorus: 379.69mg (37.97%), Vitamin B3: 7.14mg (35.69%), Manganese: 0.63mg (31.37%), Zinc: 3.54mg (23.63%), Calcium: 225.96mg (22.6%), Vitamin B6: 0.43mg (21.59%), Vitamin B2: 0.33mg (19.39%), Copper: 0.32mg (16.11%), Magnesium: 57.64mg (14.41%), Vitamin B12: 0.8µg (13.27%), Iron: 2.36mg (13.09%), Vitamin B5: 1.3mg (13.04%), Potassium: 452.98mg (12.94%), Fiber: 2.96g (11.86%), Vitamin B1: 0.16mg (10.74%), Folate: 31µg (7.75%), Vitamin C: 4.73mg (5.74%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.29mg (1.94%)