



Ladybug's Poppy Seed Chicken Casserole

READY IN



75 min.

SERVINGS



8

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup butter melted
- ☐ 6 ounces buttery round crackers crumbled
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 2 tablespoons poppy seeds
- ☐ 8 chicken breast halves boneless skinless cooked cut into bite-sized pieces
- ☐ 8 ounces cup heavy whipping cream sour

Equipment

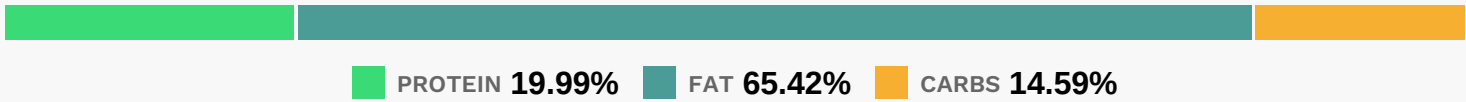
- ☐ bowl

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together the cracker crumbs, melted butter, and poppy seeds in a bowl.
- ☐ Layer the bottom of a 9x13-inch glass baking dish with 2/3 of the cracker mix.
- ☐ Mix the chicken breast pieces with cream of chicken soup and sour cream until thoroughly combined, and spoon the mixture on top of the crumb crust.
- ☐ Sprinkle remaining 1/3 of the cracker mix over the top of the chicken mixture.
- ☐ Bake in the preheated oven until the casserole is hot and bubbling, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:17.837391241737%

Nutrients (% of daily need)

Calories: 573.39kcal (28.67%), Fat: 41.7g (64.16%), Saturated Fat: 20.64g (129.01%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 19.99g (7.27%), Sugar: 3.19g (3.55%), Cholesterol: 156.15mg (52.05%), Sodium: 1045.29mg (45.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.36%), Vitamin B3: 13.18mg (65.9%), Selenium: 40.22µg (57.46%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 366.89mg (36.69%), Vitamin A: 1058.27IU (21.17%), Vitamin B5: 1.97mg (19.69%), Manganese: 0.34mg (16.88%), Vitamin K: 16.39µg (15.61%), Vitamin B2: 0.26mg (15.52%), Potassium: 539.16mg (15.4%), Vitamin E: 2.17mg (14.49%), Vitamin B1: 0.2mg (13.5%), Iron: 2.42mg (13.45%), Magnesium: 47.68mg (11.92%), Calcium: 116.86mg (11.69%), Copper: 0.2mg (9.81%), Zinc: 1.3mg (8.69%), Folate: 25.75µg (6.44%), Vitamin B12: 0.33µg (5.56%), Fiber: 0.93g (3.71%), Vitamin C: 1.71mg (2.07%)