



## Mandy's Easy Cheesy Chicken Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



687 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 round buttery crackers crushed
- 3 chicken breast strips/pre-cooked/chopped cooked chopped
- 16 oz egg noodles cooked
- 21.5 oz cream of chicken soup canned
- 0.3 cup butter melted
- 2 tablespoons poppy seeds
- 8 oz cheddar cheese shredded
- 8 oz mozzarella cheese shredded
- 24 oz cream sour

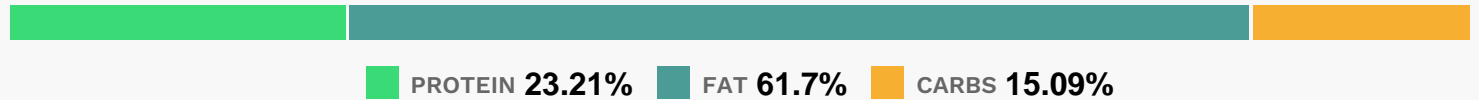
## Equipment

- bowl
- oven
- baking pan

## Directions

- Combine chicken, noodles, sour cream, soup and cheeses in a large bowl.
- Pour into a lightly greased 13"x9" baking dish.
- Mix together cracker crumbs and margarine; sprinkle over top.
- Sprinkle poppy seed over cracker crumbs.
- Bake at 350 degrees for 25 to 30 minutes or until crackers are crispy and golden and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:9.5, Inflammation Score:-7, Nutrition Score:20.578260784564%

## Nutrients (% of daily need)

Calories: 687.01kcal (34.35%), Fat: 47.08g (72.43%), Saturated Fat: 21.25g (132.81%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 24.78g (9.01%), Sugar: 4.02g (4.47%), Cholesterol: 178.29mg (59.43%), Sodium: 1045.72mg (45.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.71%), Selenium: 49.11µg (70.16%), Phosphorus: 530.84mg (53.08%), Calcium: 491.7mg (49.17%), Vitamin B3: 9.53mg (47.67%), Vitamin A: 1423.42IU (28.47%), Vitamin B2: 0.47mg (27.88%), Vitamin B6: 0.48mg (24.22%), Zinc: 3.56mg (23.76%), Vitamin B12: 1.4µg (23.38%), Manganese: 0.41mg (20.75%), Magnesium: 63.58mg (15.9%), Vitamin B5: 1.38mg (13.75%), Iron: 2.28mg (12.69%), Copper: 0.25mg (12.48%), Potassium: 393.29mg (11.24%), Vitamin E: 1.54mg (10.3%), Vitamin B1: 0.13mg (8.49%), Folate: 23.3µg (5.82%), Vitamin K: 6.11µg (5.82%), Fiber: 1.13g (4.51%), Vitamin D: 0.4µg (2.7%), Vitamin C: 0.88mg (1.06%)