



My Way Creamy Sauce - Chicken Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



852 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon basil fresh italian
- ☐ 2 skin on chicken breasts cooked cut in large slices (bones removed)
- ☐ 0.5 cup butter melted
- ☐ 1 lb pasta firm cooked drained
- ☐ 24 ounce cream of chicken soup canned
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups milk
- ☐ 1 cup monterrey jack cheese grated
- ☐ 6 servings olive oil

- ☐ 0.5 cup onion
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup velveeta sliced cut into chunks

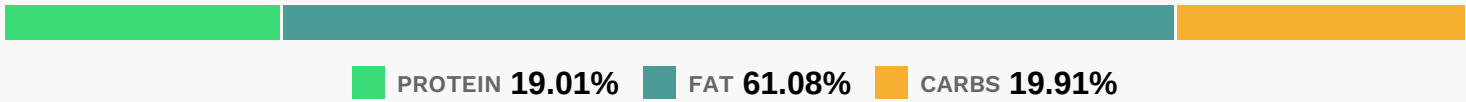
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a sauce pan combine all ingredients except the sour cream and linguine pasta.2 Stir several times over medium/low heat until the cheese is melted.3
- ☐ Remove from heat and add the sour cream and blend well.4 NOTE: You can add fresh cooked veggies and your special spices at this time.5 In a bowl blend together the pasta and 1/2 of the sauce and pour into a 9X13 baking dish.6 Set aside the other 1/2 sauce and cover with a lid.7
- ☐ Bake at 375 degrees for 20–25 minutes.8 Note: The extra sauce is to be served warmed up in a bowl or individual small bowls and used like a gravy spooned over the finished casserole servings.9
- ☐ Sprinkle of grated Parmesan is always a nice touch.

Nutrition Facts



Properties

Glycemic Index:47.58, Glycemic Load:15.56, Inflammation Score:-8, Nutrition Score:22.884347682414%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg
Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 851.99kcal (42.6%), Fat: 57.82g (88.95%), Saturated Fat: 19.14g (119.62%), Carbohydrates: 42.38g (14.13%),
Net Carbohydrates: 40.75g (14.82%), Sugar: 9.29g (10.32%), Cholesterol: 121.06mg (40.35%), Sodium: 1985.72mg
(86.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.49g (80.98%), Phosphorus: 796.53mg (79.65%),
Selenium: 43.32µg (61.89%), Calcium: 520.68mg (52.07%), Vitamin B3: 8.75mg (43.75%), Vitamin B2: 0.62mg
(36.6%), Vitamin A: 1783.52IU (35.67%), Vitamin E: 3.65mg (24.31%), Vitamin B6: 0.47mg (23.38%), Zinc: 3.24mg
(21.59%), Manganese: 0.38mg (19.09%), Iron: 3.12mg (17.32%), Potassium: 557.1mg (15.92%), Vitamin K: 16.19µg
(15.42%), Copper: 0.27mg (13.56%), Magnesium: 53.41mg (13.35%), Vitamin B12: 0.78µg (13%), Vitamin B5: 1.29mg
(12.87%), Vitamin B1: 0.12mg (8.2%), Fiber: 1.63g (6.54%), Vitamin D: 0.84µg (5.61%), Folate: 18.52µg (4.63%),
Vitamin C: 1.58mg (1.92%)