

Poppy Seed Chicken Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter melted
- 1 round buttery crackers crushed ritz® (such as)
- 10.8 ounce cream of chicken soup canned
- 2 cups cheddar cheese shredded
- 4 chicken breast halves boneless skinless
- 8 ounce cream sour

Equipment

- bowl

- oven
- pot
- baking pan

Directions

- Place the chicken breasts into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until the chicken breasts are no longer pink in the center, about 20 minutes.
- Drain the water, then shred the chicken.
- Preheat an oven to 350 degrees F (175 degrees C).
- Combine the butter, crackers, and poppy seeds in a bowl; set aside.
- Blend the sour cream and cream of chicken soup in a bowl; pour half of the soup mixture into a 9x9-inch baking dish.
- Add the shredded chicken, then pour the remaining half of the soup mixture on top.
- Sprinkle with Cheddar cheese, then top with the cracker mixture.
- Bake in the preheated oven until cheese has melted and the sauce is bubbly, 25 to 30 minutes.

Nutrition Facts

PROTEIN 21.71% **FAT 72.97%** **CARBS 5.32%**

Properties

Glycemic Index:20, Glycemic Load:1.82, Inflammation Score:-6, Nutrition Score:14.682173995382%

Nutrients (% of daily need)

Calories: 498.21kcal (24.91%), Fat: 40.48g (62.28%), Saturated Fat: 22.09g (138.06%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.62g (2.41%), Sugar: 1.74g (1.93%), Cholesterol: 152.92mg (50.97%), Sodium: 828.05mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.2%), Selenium: 37.34µg (53.35%), Vitamin B3: 8.14mg (40.72%), Phosphorus: 381.09mg (38.11%), Calcium: 320.67mg (32.07%), Vitamin B6: 0.61mg (30.33%), Vitamin A: 1200.68IU (24.01%), Vitamin B2: 0.34mg (19.77%), Vitamin B5: 1.48mg (14.76%), Zinc: 2.11mg (14.08%), Vitamin B12: 0.66µg (11.02%), Potassium: 385.01mg (11%), Magnesium: 36.04mg (9.01%), Vitamin E: 1.3mg (8.67%), Copper: 0.11mg (5.26%), Iron: 0.93mg (5.17%), Vitamin B1: 0.08mg (5.1%), Vitamin K: 5.28µg (5.03%), Folate: 15.13µg (3.78%), Manganese: 0.06mg (2.82%), Vitamin D: 0.3µg (2.01%), Vitamin C: 1.29mg (1.57%)