

Sandy's Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce chicken broth chunk canned
- 4 ounce mushrooms sliced canned
- 21.5 ounce cream of chicken soup canned
- 2 cups elbow macaroni uncooked
- 2 cups milk
- 0.3 cup onion chopped
- 2 cups cheddar cheese shredded

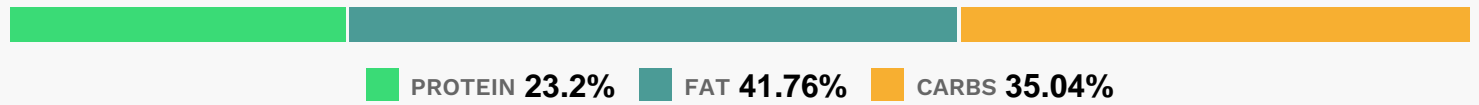
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the macaroni, chicken, cheese, milk, soup, mushrooms and onion.
- Mix together and transfer mixture to a 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for about 45 minutes, or until bubbly and golden brown.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:4.96, Inflammation Score:-6, Nutrition Score:18.093478379042%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 561.84kcal (28.09%), Fat: 25.86g (39.79%), Saturated Fat: 11.67g (72.94%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 46.79g (17.01%), Sugar: 6.56g (7.28%), Cholesterol: 79.18mg (26.39%), Sodium: 1301.51mg (56.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.66%), Selenium: 53.13µg (75.9%), Phosphorus: 461.05mg (46.1%), Calcium: 400.59mg (40.06%), Zinc: 4mg (26.65%), Manganese: 0.53mg (26.44%), Vitamin B2: 0.41mg (23.89%), Vitamin B12: 1.31µg (21.85%), Copper: 0.35mg (17.44%), Vitamin A: 777.83IU (15.56%), Magnesium: 61.21mg (15.3%), Iron: 2.52mg (14.01%), Vitamin B3: 2.74mg (13.7%), Vitamin B6: 0.25mg (12.56%), Potassium: 411.25mg (11.75%), Vitamin B5: 1.02mg (10.17%), Vitamin B1: 0.13mg (8.72%), Fiber: 2.06g (8.24%), Vitamin D: 1.21µg (8.04%), Vitamin E: 1.08mg (7.18%), Vitamin K: 6.47µg (6.16%), Folate: 22.82µg (5.71%)