



Sour Cream Cheese Casserole

READY IN



25 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup round buttery crackers crushed
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 8 ounce cream cheese
- 4 chicken breast halves boneless skinless cubed cooked
- 0.5 cup cream sour

Equipment

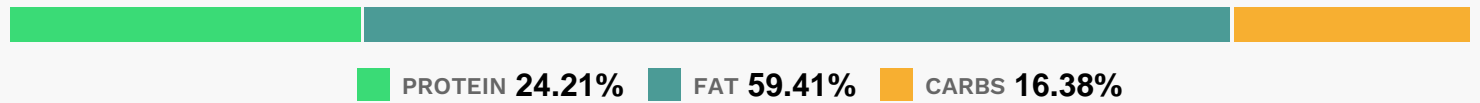
- bowl

- sauce pan
- oven
- baking pan

Directions

- In a large saucepan over medium low heat combine the chicken, cream of mushroom soup, cream of chicken soup, cream cheese, sour cream and 2/3 of the cracker crumbs.
- Mix well and cook until all blended together and cream cheese has melted.
- Preheat oven to 350 degrees F (175 degrees C).
- Transfer casserole mixture into a lightly greased 9x13 inch baking dish and top with remaining cracker crumbs.
- Bake at 350 degrees F (175 degrees C) for about 15 minutes or until crackers turn golden brown. Spoon into bowls and enjoy!

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:13.128695747127%

Nutrients (% of daily need)

Calories: 382.03kcal (19.1%), Fat: 25.14g (38.68%), Saturated Fat: 12.01g (75.09%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 15.27g (5.55%), Sugar: 3.16g (3.51%), Cholesterol: 104.3mg (34.77%), Sodium: 1016.91mg (44.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.11%), Vitamin B3: 9.05mg (45.27%), Selenium: 29.49µg (42.13%), Vitamin B6: 0.62mg (30.98%), Phosphorus: 270.99mg (27.1%), Vitamin B2: 0.27mg (16.17%), Vitamin B5: 1.58mg (15.84%), Vitamin A: 742.1IU (14.84%), Potassium: 453.37mg (12.95%), Manganese: 0.26mg (12.92%), Copper: 0.21mg (10.48%), Zinc: 1.46mg (9.71%), Iron: 1.67mg (9.3%), Calcium: 84.33mg (8.43%), Vitamin B1: 0.12mg (8.11%), Magnesium: 32.39mg (8.1%), Vitamin K: 8.31µg (7.92%), Vitamin E: 1.16mg (7.76%), Vitamin B12: 0.36µg (5.92%), Folate: 19.34µg (4.83%), Vitamin C: 1.13mg (1.37%), Fiber: 0.33g (1.33%)