



 **59%**
HEALTH SCORE

Spicy Asian Chicken and Noodle Casserole

 Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup satay sauce (from 13.9-ounce bottle)
- 0.7 cup chicken broth (from 32-ounce carton)
- 3 tablespoons peanut butter
- 1 pound savory vegetable frozen
- 7.3 ounces soup noodles refrigerated separated cooked
- 12 ounces chicken breast strips/pre-cooked/chopped refrigerated
- 0.3 cup chow mein noodles
- 0.3 cup peanuts chopped

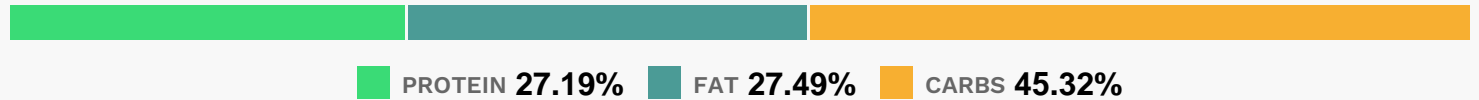
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350°. Spray 2-quart casserole with cooking spray.
- Cook peanut sauce, broth, peanut butter, frozen vegetables and stir-fry noodles in 3-quart saucepan over medium-high heat 5 to 7 minutes, stirring frequently, until hot. Stir in chicken. Spoon into casserole.
- Mix chow mein noodles and peanuts; sprinkle over chicken mixture.
- Bake uncovered about 30 minutes or until mixture is hot.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:20.76, Inflammation Score:-10, Nutrition Score:28.863912848027%

Nutrients (% of daily need)

Calories: 688.3kcal (34.42%), Fat: 20.98g (32.27%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 77.81g (25.94%), Net Carbohydrates: 69.38g (25.23%), Sugar: 10.03g (11.15%), Cholesterol: 73.07mg (24.36%), Sodium: 967.23mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.68g (93.37%), Vitamin A: 5777IU (115.54%), Vitamin B3: 17.1mg (85.49%), Selenium: 57.98µg (82.82%), Manganese: 1.2mg (60.05%), Phosphorus: 436.39mg (43.64%), Vitamin B6: 0.78mg (38.89%), Fiber: 8.43g (33.72%), Magnesium: 117.16mg (29.29%), Vitamin B1: 0.33mg (22.06%), Copper: 0.44mg (21.76%), Iron: 3.7mg (20.57%), Potassium: 716.28mg (20.47%), Folate: 77.83µg (19.46%), Zinc: 2.62mg (17.45%), Vitamin B2: 0.28mg (16.63%), Vitamin B5: 1.52mg (15.21%), Vitamin C: 11.79mg (14.3%), Vitamin E: 1.4mg (9.3%), Calcium: 69.11mg (6.91%), Vitamin B12: 0.3µg (4.95%)