



Tarragon Chicken Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups chicken meat cubed cooked
- 10.8 ounce cream of chicken soup canned
- 8 ounce pasta like spaghetti cooked drained
- 4 teaspoons tarragon dried
- 0.5 teaspoon ground pepper black
- 2 cups half-and-half
- 0.5 cup parmesan cheese grated

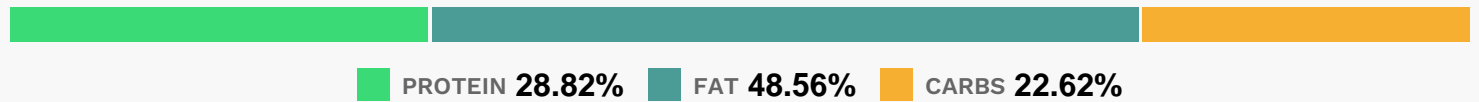
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the soup, half-and-half, tarragon and pepper. Stir in the spaghetti and the chicken.
- Transfer all to an ungreased 9x13 inch baking dish.
- Sprinkle with the Parmesan cheese and bake, uncovered, for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:7.31, Inflammation Score:-5, Nutrition Score:12.603913080433%

Nutrients (% of daily need)

Calories: 367.44kcal (18.37%), Fat: 19.64g (30.21%), Saturated Fat: 9.19g (57.41%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.76g (7.18%), Sugar: 3.82g (4.25%), Cholesterol: 92.05mg (30.68%), Sodium: 605.34mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Selenium: 33.73µg (48.18%), Phosphorus: 305.97mg (30.6%), Vitamin B3: 6.08mg (30.41%), Vitamin B2: 0.34mg (19.84%), Calcium: 194.06mg (19.41%), Vitamin B6: 0.39mg (19.26%), Manganese: 0.3mg (15.18%), Zinc: 2.13mg (14.22%), Iron: 2.39mg (13.3%), Vitamin B5: 1.08mg (10.83%), Vitamin A: 535.7IU (10.71%), Potassium: 366.12mg (10.46%), Magnesium: 39.43mg (9.86%), Copper: 0.16mg (8.23%), Vitamin B12: 0.47µg (7.81%), Vitamin B1: 0.09mg (5.84%), Vitamin E: 0.54mg (3.62%), Folate: 13.76µg (3.44%), Vitamin K: 3.55µg (3.38%), Fiber: 0.82g (3.28%), Vitamin C: 1.44mg (1.75%)