



Traci's Chicken Noodle Casserole

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 chicken breast halves boneless cubed cooked
- ☐ 2 cups campbell's® condensed cream of celery soup
- ☐ 2 cups elbow macaroni
- ☐ 2 cups milk
- ☐ 2 onions chopped
- ☐ 1 cup processed cheese cubed
- ☐ 6 servings salt and pepper to taste

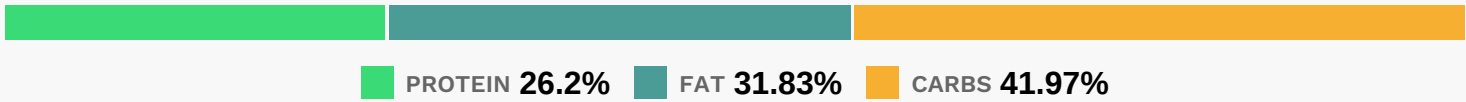
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ In a 9x13 inch baking dish combine the chicken, macaroni, milk, soup, cheese, onions and salt and pepper to taste.
- ☐ Mix all together, cover dish and let sit in refrigerator overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:2.43, Inflammation Score:-7, Nutrition Score:21.926956508471%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 469.53kcal (23.48%), Fat: 16.46g (25.32%), Saturated Fat: 7.24g (45.24%), Carbohydrates: 48.84g (16.28%), Net Carbohydrates: 46.22g (16.81%), Sugar: 8.37g (9.3%), Cholesterol: 90.55mg (30.18%), Sodium: 1139.69mg (49.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Selenium: 61.55µg (87.94%), Phosphorus: 513.95mg (51.39%), Vitamin B3: 9.02mg (45.09%), Calcium: 392.87mg (39.29%), Vitamin B6: 0.75mg (37.26%), Manganese: 0.67mg (33.39%), Vitamin B5: 2.49mg (24.9%), Potassium: 671.49mg (19.19%), Vitamin B2: 0.31mg (18.4%), Magnesium: 68.02mg (17%), Vitamin B12: 0.97µg (16.22%), Vitamin K: 15.64µg (14.9%), Zinc: 2.17mg (14.49%), Copper: 0.28mg (13.81%), Vitamin A: 612.47IU (12.25%), Vitamin B1: 0.18mg (11.7%), Vitamin E: 1.6mg (10.64%), Fiber: 2.62g (10.48%), Iron: 1.53mg (8.51%), Vitamin D: 1.11µg (7.4%), Folate: 21.93µg (5.48%), Vitamin C: 3.79mg (4.59%)