



Unbelievably Yummy Chicken Casserole

READY IN



70 min.

SERVINGS



8

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 teaspoon parsley dried
- ☐ 8 ounce extra wide egg noodles
- ☐ 0.3 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 10 ounce peas green frozen thawed
- ☐ 1.5 cups processed american cheese cubed
- ☐ 8 servings salt and pepper to taste
- ☐ 3 chicken breast halves boneless skinless cut into strips

☐ 1 cup non-dairy whipped topping frozen thawed

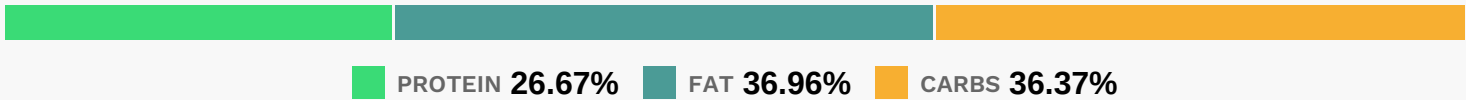
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add noodles and cook for 7 to 8 minutes or until almost al dente (until ALMOST cooked); drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Add the chicken, peas, soup, whipped topping, American cheese, milk, parsley, salt and pepper.
- ☐ Mix together and transfer mixture to a 9x13 inch baking dish.
- ☐ Sprinkle with Parmesan cheese and cover with aluminum foil.
- ☐ Bake in preheated oven for 45 minutes, then remove cover and bake for another 10 minutes.
- ☐ Let cool for 4 to 5 minutes, allowing cheese to thicken slightly.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:10.24, Inflammation Score:-6, Nutrition Score:17.268260924712%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 345.27kcal (17.26%), Fat: 14.1g (21.7%), Saturated Fat: 7.48g (46.77%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 28.19g (10.25%), Sugar: 5.72g (6.35%), Cholesterol: 82.91mg (27.64%), Sodium: 1023.79mg (44.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.8%), Selenium: 43.31µg (61.87%), Phosphorus: 409.4mg (40.94%), Calcium: 340.66mg (34.07%), Vitamin B3: 6.14mg (30.7%), Manganese: 0.52mg (26.19%), Vitamin B6: 0.48mg (23.85%), Vitamin C: 14.7mg (17.82%), Zinc: 2.48mg (16.53%), Vitamin B2: 0.23mg (13.47%), Magnesium: 51.37mg (12.84%), Vitamin B1: 0.19mg (12.54%), Copper: 0.25mg (12.44%), Fiber: 3.04g (12.14%), Potassium: 422.11mg (12.06%), Vitamin B12: 0.72µg (12.06%), Vitamin A: 596.01IU (11.92%), Vitamin B5: 1.12mg (11.16%), Vitamin K: 10.24µg (9.76%), Folate: 38.21µg (9.55%), Iron: 1.68mg (9.31%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.38µg (2.56%)