



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 cheese food 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.

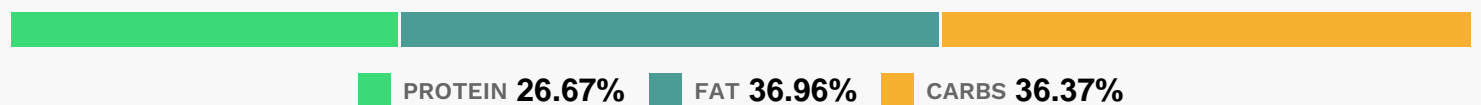
Mix together and transfer mixture to a 9x13 inch baking dish.

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%), 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%), Vitamin B12: 0.72µg (12.06%), Potassium: 422.11mg (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%)