



## Wanda's Chicken Noodle Bake

READY IN



60 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons butter
- 4.5 ounce mushrooms sliced canned
- 16 ounce carrots diced drained canned
- 1 stalk celery chopped
- 21.5 ounce cream of chicken soup canned
- 0.5 cup bread crumbs dry
- 1.7 cups extra wide egg noodles uncooked
- 0.3 teaspoon ground pepper black
- 2 cups milk

- 0.3 cup onion chopped
- 1 teaspoon salt
- 2 cups cheddar cheese shredded
- 3 cups turkey meat cubed cooked

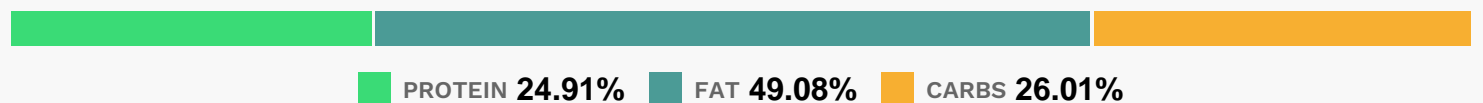
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- baking pan

## Directions

- Bring a large pot of water to a boil. Cook noodles in boiling water for about 8 minutes, or until done.
- Drain.
- Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch pan with cooking spray.
- In a saucepan, melt butter over medium heat. Cook celery and onion in butter until tender, stirring frequently. Stir in soup, milk, and cheese. Cook, stirring, until cheese melts.
- In a large bowl, mix together the noodles, cheese sauce mixture, carrots, mushrooms, chicken, and salt and pepper.
- Spread mixture evenly into the prepared baking dish. Top with bread crumbs.
- Bake in preheated oven for 30 minutes, or until hot.

## Nutrition Facts



## Properties

Glycemic Index:42.48, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:21.194347775501%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 404.03kcal (20.2%), Fat: 22.13g (34.05%), Saturated Fat: 10.99g (68.72%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 23.68g (8.61%), Sugar: 7.39g (8.21%), Cholesterol: 94.78mg (31.59%), Sodium: 1291.36mg (56.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Vitamin A: 10167.44IU (203.35%), Selenium: 31.22µg (44.6%), Phosphorus: 378.96mg (37.9%), Calcium: 331.65mg (33.17%), Vitamin B3: 6.08mg (30.4%), Vitamin B6: 0.52mg (26.11%), Vitamin B2: 0.42mg (24.78%), Vitamin B12: 1.34µg (22.26%), Zinc: 3mg (19.97%), Manganese: 0.31mg (15.41%), Potassium: 530.97mg (15.17%), Vitamin B1: 0.21mg (14.13%), Vitamin B5: 1.35mg (13.52%), Vitamin K: 13.91µg (13.25%), Copper: 0.26mg (12.87%), Magnesium: 50.13mg (12.53%), Iron: 2.11mg (11.71%), Fiber: 2.72g (10.86%), Folate: 36.25µg (9.06%), Vitamin E: 1.25mg (8.32%), Vitamin D: 1µg (6.67%), Vitamin C: 3.95mg (4.78%)