



Yummy Pork Noodle Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 0.3 cup carrots chopped
- 0.3 cup celery chopped
- 21.5 ounce cream of chicken soup canned
- 3 cups fatty pork cubed cooked
- 2 cups extra wide egg noodles
- 0.3 teaspoon ground pepper black
- 0.3 cup onion chopped
- 0.3 cup bell pepper red chopped

- 1 teaspoon salt
- 2 cups cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour to taste
- 8 ounce kernel corn whole drained canned

Equipment

- frying pan
- oven
- pot
- baking pan
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the noodles have cooked through, but are still firm to the bite, about 5 minutes.
- Drain well in a colander set in the sink.
- Preheat an oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking pan with cooking spray.
- Melt the butter in a skillet over medium heat. Stir in the onion, celery, carrots, and red bell pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the noodles, cream of chicken soup, sour cream, Cheddar cheese, corn, and cooked pork, then season with salt and black pepper.
- Transfer mixture into the prepared baking dish.
- Sprinkle bread crumbs on top.
- Bake in the preheated oven until bubbly, 30 to 35 minutes.

Nutrition Facts

 PROTEIN **22.19%** FAT **60.48%** CARBS **17.33%**

Properties

Glycemic Index:55.64, Glycemic Load:7.58, Inflammation Score:-8, Nutrition Score:19.948260659757%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 572.37kcal (28.62%), Fat: 38.35g (59.01%), Saturated Fat: 17.97g (112.29%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 23.82g (8.66%), Sugar: 2.42g (2.69%), Cholesterol: 143.54mg (47.85%), Sodium: 1520.48mg (66.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.32%), Selenium: 48.66µg (69.52%), Phosphorus: 422.01mg (42.2%), Vitamin A: 1974.08IU (39.48%), Zinc: 4.95mg (33%), Vitamin B1: 0.49mg (32.69%), Calcium: 324.92mg (32.49%), Vitamin B2: 0.53mg (31%), Vitamin B3: 4.01mg (20.05%), Vitamin B12: 1.07µg (17.81%), Vitamin B6: 0.31mg (15.61%), Copper: 0.29mg (14.39%), Iron: 2.56mg (14.25%), Potassium: 464.75mg (13.28%), Manganese: 0.26mg (13.06%), Vitamin C: 10.21mg (12.37%), Magnesium: 43.96mg (10.99%), Vitamin B5: 1.03mg (10.32%), Vitamin E: 1.43mg (9.53%), Folate: 35.98µg (8.99%), Vitamin K: 8.31µg (7.92%), Vitamin D: 0.94µg (6.26%), Fiber: 0.9g (3.6%)