

Chicken & Egg Noodle Casserole

Lin Krankel - Oxford MI

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Servings: 8

6 cups (about 12 ounces) uncooked egg noodles
2 cans (10-3/4 ounce ea) cream of chicken soup, undiluted
1 cup (8 ounces) sour cream
3/4 cup 2% milk
1/4 teaspoon salt
1/4 teaspoon pepper
3 cups cubed cooked chicken breasts
1 cup (about 20) butter-flavored crackers, crushed
1/4 cup butter, melted

Preparation Time: 20 minutes

Bake: 30 minutes

Preheat the oven to 350 degrees.

Cook the noodles according to package directions for al dente. Drain.

In a large bowl, whisk together the soup, sour cream, milk, salt and pepper until blended. Stir in the chicken and cooked noodles. Transfer to a greased 13x9-inch baking dish.

In a small bowl, mix the crushed crackers and butter. Sprinkle over the top.

Bake for 30 to 35 minutes or until bubbly.

Per Serving (excluding unknown items): 124 Calories; 12g Fat (87.0% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	124	Vitamin B6 (mg):	trace
% Calories from Fat:	87.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	4mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	30mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	152mg
Potassium (mg):	79mg
Calcium (mg):	64mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	491IU
Vitamin A (r.e.):	135RE

% Daily Value 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 124 Calories from Fat: 108

% Daily Values*

Total Fat 12g	19%
Saturated Fat 8g	38%
Cholesterol 30mg	10%
Sodium 152mg	6%
Total Carbohydrates 2g	1%
Dietary Fiber trace	0%
Protein 2g	
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Vitamin A	10%
Vitamin C	1%
Calcium	6%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.