

# Chicken Bake

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

## Servings: 12

8 ounces medium noodles  
1/2 cup butter  
3 cups milk  
1/4 cup flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
4 cups chicken, cooked and diced  
2 cans (10 ounce ea) chicken gravy  
2 tablespoons pimiento, chopped  
bread crumbs  
1/2 cup sharp cheese  
water chestnuts (optional)  
mushrooms (optional)

Preheat the oven to 350 degrees.

In a pot, cook the noodles. Drain. Add two tablespoons of butter and one-half cup of milk.

In a large pot, melt the remaining butter. Blend in the flour, salt and pepper. Add the remaining 2-1/2 cups of milk all at once. Cook and stir until it thickens. Stir in the chicken gravy, chicken, pimiento and noodles. Spread the mixture in a 13x9-inch baking dish.

Bake, covered, for 25 minutes.

In a bowl, combine 1/2 cup or more of the bread crumbs and two tablespoons of melted butter. Blend in 1/2 cup of the sharp cheese. Sprinkle over the top of the casserole.

Bake for 10 more minutes.

If desired, add the water chestnuts and mushrooms.

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Per Serving (excluding unknown items): 154 Calories; 13g Fat (72.2% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 483mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	trace
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% Calories from Fat:	72.2%
% Calories from Carbohydrates:	19.3%
% Calories from Protein:	8.5%
Total Fat (g):	13g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	30mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	483mg
Potassium (mg):	153mg
Calcium (mg):	86mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	562IU
Vitamin A (r.e.):	151RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 154 **Calories from Fat:** 111

### % Daily Values\*

<b>Total Fat</b> 13g	19%
Saturated Fat 7g	34%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 483mg	20%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	2%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	11%
<b>Vitamin C</b>	2%
<b>Calcium</b>	9%
<b>Iron</b>	2%

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