Chicken and Noodle Casserole

Donna Chandler - Jensen Beach, FL Scripps Treasure Coast Newspapers

Servings: 4

1 can (10-3/4 ounce) cream of mushroom soup
1/2 cup milk
1/4 teaspoon ground black pepper
1/4 cup Parmesan cheese, grated
1 cup frozen mixed vegetables
1 cup cubed cooked chicken
2 cups corkscrew pasta, cooked and drained
1/2 cup Cheddar cheese, shredded

Preheat the oven to 400 degrees.

In a 1-1/2-quart casserole dish, stir the soup, milk, black pepper, Parmesan cheese, vegetables, chicken and noodles.

Bake for 25 minutes or until hot.

Stir, then top with the Cheddar cheese.

Per Serving (excluding unknown items): 160 Calories; 10g Fat (53.4% calories from fat); 9g Protein; 10g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 475mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat

Chicken

Dar Cancina Mutritional Analysis

Calories (kcal): 160 Vitamin B6 (mg): .1mg % Calories from Fat: 53.4% Vitamin B12 (mcg): .3mcg % Calories from Carbohydrates: 25.3% Thiamin B1 (mg): .1mg % Calories from Protein: 21.3% Riboflavin B2 (mg): .2mg Total Fat (g): 10g Folacin (mcg): 19mcg Saturated Fat (g): 5g Niacin (mg): 0mg Monounsaturated Fat (g): 2g Alcohol (kcal): 0 Polyunsaturated Fat (g): 1g % Polyunsaturated (kcal): 0 Carbohydrate (g): 10g Food Exchanges Carbohydrate (g): 2g Grain (Starch): 0 Protein (g): 9g Lean Meat: 1 Sodium (mg): 475mg Vegetable: 1				
% Calories from Carbohydrates: 25.3% Thiamin B1 (mg): .1mg % Calories from Protein: 21.3% Riboflavin B2 (mg): .2mg Total Fat (g): 10g Folacin (mcg): 19mcg Saturated Fat (g): 5g Niacin (mg): 0mg Monounsaturated Fat (g): 2g Alcohol (kcal): 0 Polyunsaturated Fat (g): 1g Polyunsaturated (mg): 0 Cholesterol (mg): 24mg Pod (scal): 0 Carbohydrate (g): 10g Food Exchanges Dietary Fiber (g): 2g Grain (Starch): 0 Protein (g): 9g Lean Meat: 1	Calories (kcal):	160	Vitamin B6 (mg):	.1mg
% Calories from Protein: 21.3% Riboflavin B2 (mg): .2mg Total Fat (g): 10g Folacin (mcg): 19mcg Saturated Fat (g): 5g Niacin (mg): 1mg Monounsaturated Fat (g): 2g Alcohol (kcal): 0 Polyunsaturated Fat (g): 1g Pofuso: 0 0% Cholesterol (mg): 24mg Food Exchanges Carbohydrate (g): 10g Food Exchanges Dietary Fiber (g): 2g Grain (Starch): 0 Protein (g): 9g Lean Meat: 1	% Calories from Fat:	53.4%	Vitamin B12 (mcg):	.3mcg
Total Fat (g): 10g Saturated Fat (g): 5g Niacin (mg): 1mg Caffeine (mg): 0mg Monounsaturated Fat (g): 2g Alcohol (kcal): 0 Polyunsaturated Fat (g): 11g Carbohydrate (g): 10g Food Exchanges Dietary Fiber (g): 2g Grain (Starch): 0 Protein (g): 9g Lean Meat: 1	% Calories from Carbohydrates:	25.3%	Thiamin B1 (mg):	.1mg
Niacin (mg): 1mg 1	% Calories from Protein:	21.3%	Riboflavin B2 (mg):	.2mg
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(9).	Dietary Fiber (g):	2g	Grain (Starch):	0
Sodium (mg): 475mg Vegetable: 1	Protein (g):	9g	Lean Meat:	1
	Sodium (mg):	475mg	Vegetable:	1

Potassium (mg):	189mg	Fruit:	0
Calcium (mg):	231mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	2534IU		
Vitamin A (r.e.):	298 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Calories 160	Calories from Fat: 86
	% Daily Values*
Total Fat 10g	15%
Saturated Fat 5g	26%
Cholesterol 24mg	8%
Sodium 475mg	20%
Total Carbohydrates 10g	3%
Dietary Fiber 2g	8%
Protein 9g	
Vitamin A	51%
Vitamin C	3%
Calcium	23%
Iron	4%

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