

# Chicken Almond Bake

Marion Donabue

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

3 stalks celery, finely chopped  
1 can cantonese chow mein noodles  
1 tablespoon butter  
1/2 onion, finely chopped  
2 cans (6 ounce ea) chunked chicken  
1 can cream of mushroom soup  
1/4 cup milk  
1/4 teaspoon Worcestershire sauce  
1 small bag slivered almonds  
(optional)

Preheat the oven to 350 degrees.

Saute' the celery and onion in butter.

In a bowl, mix the chicken soup, milk and Worcestershire sauce.

Pour one-half of the chow mein noodles in the bottom of a casserole dish.

Add the chicken to the soup mixture. Mix well. Pour the mixture over the noodles in the casserole dish. Pour the remaining noodles over the top in the casserole.

Bake for 35 minutes.

When the casserole is done baking, sprinkle the almonds over the top, if desired.

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Per Serving (excluding unknown items): 310 Calories; 23g Fat (65.0% calories from fat); 6g Protein; 21g Carbohydrate; 4g Dietary Fiber; 42mg Cholesterol; 1297mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	310	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	65.0%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	27.3%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	7.6%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	23g	<b>Folacin (mcg):</b>	52mcg

**Saturated Fat (g):** 11g  
**Monounsaturated Fat (g):** 6g  
**Polyunsaturated Fat (g):** 5g  
**Cholesterol (mg):** 42mg  
**Carbohydrate (g):** 21g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 6g  
**Sodium (mg):** 1297mg  
**Potassium (mg):** 637mg  
**Calcium (mg):** 183mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 16mg  
**Vitamin A (i.u.):** 672IU  
**Vitamin A (r.e.):** 146 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 310                      **Calories from Fat:** 201

### % Daily Values\*

<b>Total Fat</b> 23g	35%
Saturated Fat 11g	55%
<b>Cholesterol</b> 42mg	14%
<b>Sodium</b> 1297mg	54%
<b>Total Carbohydrates</b> 21g	7%
Dietary Fiber 4g	14%
<b>Protein</b> 6g	
<b>Vitamin A</b>	13%
<b>Vitamin C</b>	26%
<b>Calcium</b>	18%
<b>Iron</b>	7%

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