Chicken and Noodle Casserole with Mushrooms

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 8

1 1/2 cups cooked chicken, diced
3/4 pound mushrooms, sliced
1/2 pound medium noodles, cooked
1/2 green pepper, diced
1 cup stuffed olives, chopped
1/2 pound sharp Cheddar or Swiss cheese, grated coarsely
2 hard-cooked eggs, chopped
2 cups rich white sauce, well seasoned
chopped parsley (for garnish)

Preheat the oven to 325 degrees.

In a large casserole, stir together the chicken, mushrooms, noodles, green pepper, olives, cheese, eggs and white sauce. Cover.

Bake for one hour. (Remove the cover after one-half hour.)

Sprinkle with parsley before serving.

Per Serving (excluding unknown items): 77 Calories; 3g Fat (31.5% calories from fat); 11g Protein; 3g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 38mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	77	**Vitamin B6 (mg):**	.2mg
% Calories from Fat:	31.5%	**Vitamin B12 (mcg):**	.2mcg
% Calories from Carbohydrates:	13.2%	**Thiamin B1 (mg):**	.1mg
% Calories from Protein:	55.3%	**Riboflavin B2 (mg):**	.3mg
Total Fat (g):	3g	**Folacin (mcg):**	17mcg
Saturated Fat (g):	1g	**Niacin (mg):**	5mg
Monounsaturated Fat (g):	1g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	1g	**Alcohol (kcal):**	0
Cholesterol (mg):	75mg	**% Refuse:**	0.0%
Carbohydrate (g):	3g	**Food Exchanges**	
Dietary Fiber (g):	1g	**Grain (Starch):**	0

Protein (g):	11g	**Lean Meat:**	1 1/2
Sodium (mg):	38mg	**Vegetable:**	1/2
Potassium (mg):	247mg	**Fruit:**	0
Calcium (mg):	13mg	**Non-Fat Milk:**	0
Iron (mg):	1mg	**Fat:**	0
Zinc (mg):	1mg	**Other Carbohydrates:**	0
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	125IU		
Vitamin A (r.e.):	28RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories   77   Calories from Fat: 24

	% Daily Values*
Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 75mg	25%
Sodium 38mg	2%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	2%
Protein 11g	

Vitamin A	2%
Vitamin C	13%
Calcium	1%
Iron	5%

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