

Chicken and Noodle Casserole

Donna Chandler - Jensen Beach, FL
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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

Per Serving Nutritional 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):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	24mg	% Refuse:	n n%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	9g	Lean Meat:	1
Sodium (mg):	475mg	Vegetable:	1

Potassium (mg): 189mg
Calcium (mg): 231mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2534IU
Vitamin A (r.e.): 298 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

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.