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Cheesy Chicken Casserole

Hesston College

Author

Categories Casserole, Entree, Pasta/Rice/Noodles, Poultry

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan **Cook**

Portion 6 oz

Num Portions 25

Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 25

Amount Per Serving

Calories 297 Calories From Fat 123

% Daily Value

Total Fat 14g 20%

Saturated Fat 6g 25%

Trans Fat 0g

Cholesterol 82mg 27%

Sodium 575mg 24%

Total Carbohydrates 23g 8%

Dietary Fiber 1g 4%

Protein 20g

Vitamin A 9% Vitamin C 5%

Calcium 21% Iron 10%

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

Nutrition Descriptors

High in Calcium

High in Protein

Good Source of Potassium

Good Source of Iron