



Aunt Liz's Chicken Spaghetti Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup celery ()
- ☐ 21.5 ounce cream of mushroom soup fat-free 30% 98% undiluted reduced-sodium canned
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded divided

☐ 7 ounces pasta like spaghetti uncooked

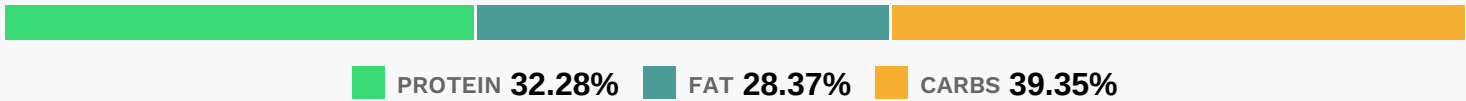
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine broth, salt, pepper, and soup in a medium bowl, stirring with a whisk.
- ☐ Add soup mixture to chicken mixture; toss. Divide mixture evenly between 2 (8-inch) square or (2-quart) baking dishes coated with cooking spray.
- ☐ Sprinkle 1/2 cup cheese over each casserole. Cover with foil coated with cooking spray.
- ☐ Bake at 350 for 35 minutes. Uncover and bake an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.25, Inflammation Score:-7, Nutrition Score:13.769999962786%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 269.99kcal (13.5%), Fat: 8.42g (12.95%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 24.38g (8.87%), Sugar: 2.55g (2.83%), Cholesterol: 47.73mg (15.91%), Sodium: 933.33mg

(40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.1%), Selenium: 30.15µg (43.07%), Vitamin B3: 6.32mg (31.59%), Vitamin C: 25.71mg (31.17%), Manganese: 0.53mg (26.73%), Phosphorus: 230.59mg (23.06%), Vitamin B6: 0.38mg (18.86%), Vitamin A: 789.96IU (15.8%), Zinc: 2.16mg (14.41%), Copper: 0.27mg (13.38%), Calcium: 126.18mg (12.62%), Vitamin B2: 0.2mg (11.62%), Potassium: 362.53mg (10.36%), Magnesium: 38.48mg (9.62%), Iron: 1.44mg (7.98%), Vitamin B5: 0.8mg (7.98%), Folate: 31.38µg (7.85%), Fiber: 1.9g (7.58%), Vitamin B12: 0.45µg (7.47%), Vitamin B1: 0.09mg (6.01%), Vitamin K: 5.26µg (5.01%), Vitamin E: 0.56mg (3.74%)