



Baked Chicken Dijon

READY IN



55 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz farfalle pasta uncooked (farfalle)
- ☐ 2 cups broccoli frozen
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 0.3 cup roasted peppers diced red (from 7-oz jar)
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.3 cup chicken broth (from 32-oz carton)
- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 cup parmesan shredded

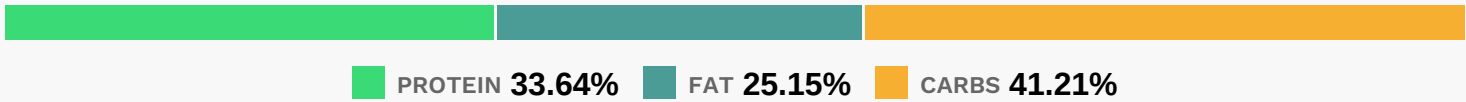
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Spray 2 1/2-quart casserole with cooking spray. Cook pasta as directed on package, adding broccoli for the last 2 minutes of cooking.
- ☐ Drain pasta and broccoli.
- ☐ Meanwhile, in casserole, mix chicken and bell peppers. In small bowl, mix soup, broth, mustard and onion; stir into chicken mixture. Stir in pasta and broccoli.
- ☐ Sprinkle with cheese.
- ☐ Cover; bake about 30 minutes or until hot in center and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:9.02, Inflammation Score:-5, Nutrition Score:14.620869575635%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 264.16kcal (13.21%), Fat: 7.31g (11.24%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 24.72g (8.99%), Sugar: 1.56g (1.73%), Cholesterol: 43.47mg (14.49%), Sodium: 777.48mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.99%), Selenium: 34.64µg (49.48%), Vitamin C: 29.94mg (36.29%), Vitamin K: 30.21µg (28.77%), Manganese: 0.54mg (26.77%), Vitamin B3: 4.94mg (24.71%), Phosphorus: 245.76mg (24.58%), Vitamin B6: 0.33mg (16.59%), Zinc: 2.09mg (13.94%), Calcium: 134.86mg (13.49%), Copper: 0.25mg (12.27%), Vitamin B2: 0.19mg (11.38%), Magnesium: 42.96mg (10.74%), Potassium: 361.83mg (10.34%), Iron: 1.77mg (9.81%), Vitamin B5: 0.91mg (9.07%), Fiber: 2.22g (8.86%), Folate: 32.14µg (8.04%), Vitamin B1: 0.11mg (7.22%), Vitamin A: 313.03IU (6.26%), Vitamin B12: 0.32µg (5.32%), Vitamin E: 0.31mg (2.07%)