



Baked Chicken Spaghetti

READY IN



70 min.

SERVINGS



8

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter melted
- 4 ounce chiles green drained chopped old el paso® canned (such as)
- 14 ounce canned tomatoes diced drained canned
- 0.3 teaspoon cayenne pepper
- 1 cup celery chopped
- 1 cup chicken broth
- 3.5 cups meat from a rotisserie chicken cooked chopped
- 21.5 ounce cream of mushroom soup canned
- 3 cups mushrooms fresh sliced

- 8 servings salt and ground pepper black to taste
- 1 cup onion chopped
- 0.8 cup panko bread crumbs
- 1 teaspoon lawry's seasoned salt
- 2 cups sharp cheddar cheese shredded white
- 0.5 cup cup heavy whipping cream sour
- 16 ounce pasta like spaghetti

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare a 13x9-inch baking dish with cooking spray.
- Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- Drain.
- Melt 6 tablespoons butter in a skillet over medium-high heat. Cook and stir mushrooms, onion, and celery in melted butter until just tender, 5 to 6 minutes; transfer to a large bowl.
- Stir diced tomatoes, cream of mushroom soup, chicken broth, chopped green chiles, sour cream, seasoned salt, cayenne pepper, salt, and black pepper into the mushroom mixture.
- Add chicken and Cheddar cheese; stir. Gently toss the pasta with the mixture to coat the pasta completely; transfer to the prepared baking dish.
- Mix bread crumbs and melted butter in a small bowl; sprinkle evenly over the pasta mixture.
- Bake in preheated oven until hot and bubbly, 30 to 40 minutes.

Nutrition Facts

PROTEIN 24.79% FAT 34.7% CARBS 40.51%

Properties

Glycemic Index:39, Glycemic Load:18.97, Inflammation Score:-7, Nutrition Score:24.552173858104%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 588.9kcal (29.45%), Fat: 22.69g (34.91%), Saturated Fat: 10.99g (68.66%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 55.27g (20.1%), Sugar: 6.49g (7.22%), Cholesterol: 94.59mg (31.53%), Sodium: 1376.58mg (59.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.94%), Selenium: 64.85µg (92.64%), Manganese: 0.99mg (49.49%), Phosphorus: 456.03mg (45.6%), Vitamin B3: 9.01mg (45.04%), Vitamin B2: 0.55mg (32.22%), Copper: 0.6mg (30.05%), Calcium: 282.28mg (28.23%), Vitamin B6: 0.56mg (27.92%), Zinc: 4.15mg (27.64%), Potassium: 760.11mg (21.72%), Magnesium: 77.49mg (19.37%), Vitamin B5: 1.93mg (19.33%), Iron: 3.46mg (19.21%), Fiber: 4.35g (17.39%), Vitamin B1: 0.26mg (17.07%), Folate: 60.17µg (15.04%), Vitamin C: 12.22mg (14.81%), Vitamin A: 693.95IU (13.88%), Vitamin B12: 0.68µg (11.25%), Vitamin K: 8.19µg (7.8%), Vitamin E: 1.11mg (7.39%), Vitamin D: 0.24µg (1.61%)