

Cheddar Chicken Spirals

READY IN



25 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups roasted chicken cubed cooked
- 0.5 teaspoon basil dried
- 2 cups savory vegetable mixed frozen thawed
- 0.5 cup mayonnaise
- 0.3 cup milk
- 0.5 teaspoon salt
- 6 ounces cheddar cheese shredded divided
- 1.5 cups rotini pasta uncooked

Equipment

- bowl
- microwave

Directions

- Cook noodles according to package directions. Meanwhile, in a large bowl, combine the mayonnaise, milk, salt and basil. Stir in the vegetables, chicken and 1 cup cheese.
- Drain pasta; stir into vegetable mixture.
- Transfer to a greased 1-1/2-qt. microwave-safe dish.
- Sprinkle with remaining cheese. Cover and microwave on high for 4-5 minutes or until heated through and the cheese is melted.
- Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:23.234347892844%

Nutrients (% of daily need)

Calories: 605.78kcal (30.29%), Fat: 40.35g (62.08%), Saturated Fat: 12.92g (80.77%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 26.85g (9.76%), Sugar: 1.88g (2.09%), Cholesterol: 96.1mg (32.03%), Sodium: 837.91mg (36.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.93%), Vitamin A: 5120.67IU (102.41%), Selenium: 40.57µg (57.95%), Vitamin K: 48.89µg (46.56%), Phosphorus: 418.54mg (41.85%), Calcium: 364.65mg (36.47%), Vitamin B3: 5.71mg (28.54%), Vitamin B2: 0.39mg (22.97%), Manganese: 0.46mg (22.87%), Zinc: 3.22mg (21.47%), Vitamin B6: 0.38mg (19.01%), Fiber: 4.41g (17.63%), Magnesium: 59.89mg (14.97%), Vitamin B1: 0.19mg (12.7%), Potassium: 435.51mg (12.44%), Vitamin B12: 0.75µg (12.44%), Vitamin C: 9.47mg (11.47%), Iron: 2.03mg (11.3%), Folate: 43.78µg (10.95%), Vitamin B5: 1.06mg (10.56%), Copper: 0.2mg (10.1%), Vitamin E: 1.29mg (8.57%), Vitamin D: 0.53µg (3.57%)