



HEALTH SCORE 100%

Cheesy Chicken and Rotini Casserole

 Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz rotini pasta uncooked
- 2 cups roasted chicken cooked
- 1 cup suya seasoning mix frozen (from 12-oz bag)
- 10.8 oz cream of chicken soup canned
- 1 cup chicken broth (from 32-oz carton)
- 2 roma tomatoes cut into 6 wedges (plum)
- 3 tablespoons spring onion sliced
- 2 oz cheddar cheese shredded

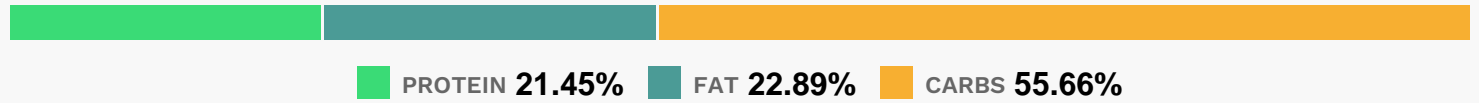
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°F. Spray 8-inch square pan with cooking spray. Cook and drain pasta as directed on package.
- In pan, mix pasta, chicken, frozen vegetables, soup and broth.
- Bake uncovered 35 to 40 minutes or until bubbly around edges.
- Top with tomatoes.
- Sprinkle with onions and cheese.
- Bake uncovered about 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:15.17, Inflammation Score:-8, Nutrition Score:37.249999994817%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 431.49kcal (21.57%), Fat: 11.7g (18%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 45.55g (16.56%), Sugar: 3.84g (4.26%), Cholesterol: 49.3mg (16.43%), Sodium: 612.6mg (26.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.33%), Vitamin K: 255.34µg (243.18%), Manganese: 2.45mg (122.37%), Iron: 16.31mg (90.61%), Fiber: 18.45g (73.78%), Calcium: 723.96mg (72.4%), Selenium: 43.94µg (62.78%), Vitamin E: 7.74mg (51.57%), Magnesium: 146.65mg (36.66%), Vitamin B6: 0.69mg (34.41%), Vitamin B3: 6.66mg (33.29%), Phosphorus: 294.99mg (29.5%), Folate: 111.46µg (27.87%), Copper: 0.49mg (24.39%), Vitamin B2: 0.4mg (23.34%), Potassium: 795.01mg (22.71%), Vitamin A: 1079.84IU (21.6%), Zinc: 2.94mg (19.59%), Vitamin B5: 1.16mg (11.61%), Vitamin B1: 0.16mg (10.92%), Vitamin C: 4.35mg (5.28%), Vitamin B12: 0.24µg (4.06%)