



WHATSheATE



Cheesy Chicken Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



751 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz farfalle pasta (farfalle)
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1.5 cups chicken shredded cubed cooked
- ☐ 6 oz cheddar cheese shredded white
- ☐ 1 tablespoon parsley fresh italian coarsely chopped (flat-leaf)

Equipment

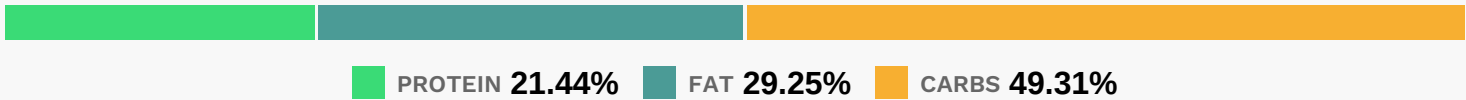
- ☐ frying pan
- ☐ sauce pan

☐ oven

Directions

- ☐ Heat oven to 400°F. Spray 2- to 3-quart casserole with cooking spray.
- ☐ Cook pasta as directed on package, using minimum cook time.
- ☐ Drain and return to saucepan.
- ☐ Add soup, chicken and 1 cup of the cheese to pasta in pan; stir to combine. Spoon into casserole.
- ☐ Sprinkle remaining 1/2 cup cheese over top.
- ☐ Bake uncovered 8 to 10 minutes until thoroughly heated and cheese is melted.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:36.67, Inflammation Score:-7, Nutrition Score:22.574782641038%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 750.81kcal (37.54%), Fat: 24.06g (37.01%), Saturated Fat: 10.72g (67.02%), Carbohydrates: 91.23g (30.41%), Net Carbohydrates: 87.57g (31.84%), Sugar: 3.59g (3.99%), Cholesterol: 87.99mg (29.33%), Sodium: 859.7mg (37.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.34%), Selenium: 98.07µg (140.09%), Manganese: 1.11mg (55.32%), Phosphorus: 534.08mg (53.41%), Calcium: 342.81mg (34.28%), Vitamin B3: 6.4mg (32%), Zinc: 4.19mg (27.93%), Copper: 0.47mg (23.53%), Vitamin B2: 0.37mg (21.69%), Magnesium: 86.16mg (21.54%), Vitamin B6: 0.41mg (20.33%), Vitamin K: 20.66µg (19.67%), Iron: 3.05mg (16.93%), Fiber: 3.66g (14.65%), Vitamin A: 670.52IU (13.41%), Vitamin B5: 1.33mg (13.25%), Potassium: 448.72mg (12.82%), Vitamin B1: 0.16mg (10.51%), Vitamin B12: 0.6µg (10.05%), Folate: 35.01µg (8.75%), Vitamin E: 0.86mg (5.75%), Vitamin D: 0.26µg (1.7%), Vitamin C: 1.41mg (1.7%)