



Cheesy Chicken Pasta Casserole

READY IN



53 min.

SERVINGS



8

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 Tbsp butter
- 10 oz canned tomatoes diced undrained canned
- 2 lb chicken breast in steamer bags until through steamed cooked
- 1 cup chicken broth
- 10 oz cream of chicken soup canned
- 10 oz cream of mushroom soup canned
- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 12 no boil lasagna noodles

16 oz velveeta divided cut into 1-inch cubes,

Equipment

frying pan

oven

baking pan

aluminum foil

Directions

HEAT oven to 350F.

MELT butter in large skillet on medium heat.

Add peppers and onions; cook and stir 5 min. or until crisp-tender.

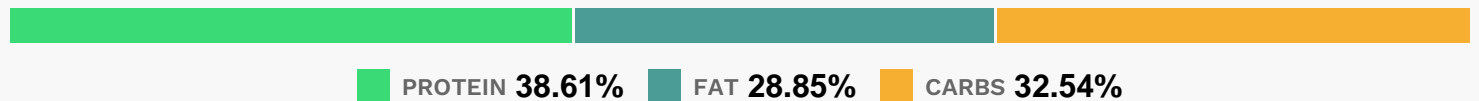
Add chicken, soups, tomatoes and half the VELVEETA; mix well.

SPREAD 2 cups chicken mixture onto bottom of 13x9-inch baking dish; cover with 6 lasagna noodles.

REPEAT layers ending with chicken mixture. Top with remaining VELVEETA; cover with aluminum foil.

Bake for 30 minutes or until heated through. Then remove foil and bake uncovered for the last 8 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:21.453477714373%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 436.77kcal (21.84%), Fat: 13.95g (21.46%), Saturated Fat: 6.64g (41.47%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 33.36g (12.13%), Sugar: 7.83g (8.7%), Cholesterol: 117.45mg (39.15%), Sodium: 1698.65mg (73.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.01g (84.02%), Phosphorus: 857.7mg (85.77%), Vitamin B3: 12.84mg (64.2%), Selenium: 37.36µg (53.37%), Vitamin B6: 0.95mg (47.48%), Calcium: 354.38mg (35.44%), Vitamin B2: 0.56mg (33.01%), Potassium: 882.73mg (25.22%), Vitamin B5: 1.88mg (18.76%), Zinc: 2.71mg (18.06%), Vitamin A: 811.09IU (16.22%), Vitamin C: 12.94mg (15.69%), Manganese: 0.25mg (12.5%), Copper: 0.23mg (11.31%), Magnesium: 42.73mg (10.68%), Iron: 1.66mg (9.21%), Vitamin B1: 0.13mg (8.47%), Fiber: 2.04g (8.15%), Vitamin E: 0.94mg (6.26%), Vitamin B12: 0.29µg (4.87%), Vitamin K: 4.41µg (4.2%), Folate: 15.22µg (3.8%)