



Cheesy Chicken Penne

READY IN



20 min.

SERVINGS



6

CALORIES



633 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

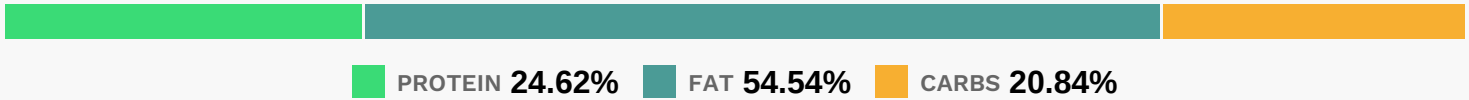
- ☐ 16 ounce pasteurized cheese product cubed prepared
- ☐ 2.5 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 cup milk
- ☐ 8 ounces penne pasta uncooked
- ☐ 8 ounce cup heavy whipping cream sour

Equipment

Directions

- ☐ Cook pasta in salted water according to package directions; drain.
- ☐ Cook cubed cheese, sour cream, and milk over medium-low heat, stirring constantly, 5 minutes or until cheese melts. Stir in pasta and chicken, and cook until thoroughly heated.
- ☐ For Spicy Cheesy Chicken Penne: Substitute 2 (8-ounce) loaves pasteurized prepared cheese product with peppers for prepared cheese product.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:12.21, Inflammation Score:-7, Nutrition Score:19.86043454901%

Nutrients (% of daily need)

Calories: 633.14kcal (31.66%), Fat: 38.13g (58.65%), Saturated Fat: 19.87g (124.2%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 31.56g (11.48%), Sugar: 3.53g (3.92%), Cholesterol: 144.09mg (48.03%), Sodium: 559.88mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.44%), Selenium: 61.42µg (87.74%), Calcium: 612.61mg (61.26%), Phosphorus: 578.95mg (57.89%), Vitamin B2: 0.53mg (31.38%), Zinc: 4.4mg (29.35%), Vitamin B3: 5.34mg (26.68%), Vitamin A: 1049.85IU (21%), Vitamin B12: 1.16µg (19.33%), Vitamin B6: 0.37mg (18.65%), Manganese: 0.37mg (18.45%), Magnesium: 58.92mg (14.73%), Vitamin B5: 1.25mg (12.45%), Potassium: 353.84mg (10.11%), Copper: 0.17mg (8.72%), Iron: 1.34mg (7.47%), Vitamin B1: 0.11mg (7.4%), Folate: 27.86µg (6.97%), Vitamin E: 0.76mg (5.08%), Fiber: 1.21g (4.84%), Vitamin D: 0.68µg (4.52%), Vitamin K: 2.48µg (2.36%)