



WHATSheATE



Cheesy Chicken Spaghetti

READY IN



36 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 3 cups meat from a rotisserie chicken frozen thawed cooked chopped
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 8 ounces cheddar cheese shredded divided reduced-fat
- ☐ 1 cup onion frozen chopped
- ☐ 0.3 teaspoon salt
- ☐ 9 ounces pasta like spaghetti uncooked
- ☐ 29 ounce stewed tomatoes undrained chopped canned
- ☐ 1 tablespoon worcestershire sauce low-sodium

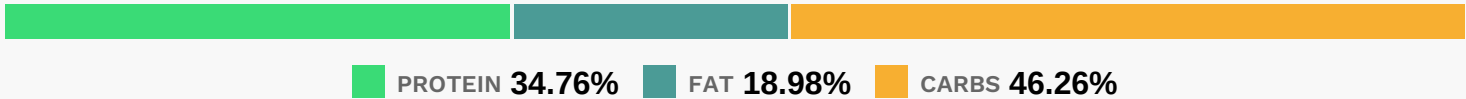
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add tomatoes, Worcestershire sauce, seasoning, and salt; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes. Stir in 1 cup cheese, cooked spaghetti, and chicken. Spoon into a 3-quart casserole coated with cooking spray.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Bake at 350 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:13.56, Inflammation Score:-6, Nutrition Score:18.687391260396%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 394.02kcal (19.7%), Fat: 8.26g (12.7%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 41.76g (15.18%), Sugar: 7.62g (8.47%), Cholesterol: 60.44mg (20.15%), Sodium: 724.59mg (31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.03%), Selenium: 50.93µg (72.76%),

Phosphorus: 439.37mg (43.94%), Vitamin B3: 7.34mg (36.68%), Manganese: 0.59mg (29.73%), Calcium: 245.18mg (24.52%), Vitamin B6: 0.46mg (22.88%), Iron: 3.88mg (21.53%), Potassium: 643.76mg (18.39%), Zinc: 2.68mg (17.88%), Copper: 0.35mg (17.6%), Vitamin C: 13.96mg (16.92%), Vitamin B2: 0.28mg (16.3%), Magnesium: 65.19mg (16.3%), Fiber: 3.52g (14.08%), Vitamin B5: 1.14mg (11.43%), Vitamin B1: 0.17mg (11.31%), Vitamin E: 1.34mg (8.92%), Vitamin K: 7.88µg (7.5%), Folate: 29.11µg (7.28%), Vitamin A: 356.96IU (7.14%), Vitamin B12: 0.39µg (6.47%)