



## Cheesy Chicken Spaghetti Pie

READY IN



70 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 7 oz vermicelli uncooked
- 1 eggs
- 0.3 cup butter melted
- 0.3 cup parmesan cheese grated
- 1 tablespoon butter
- 2 tablespoons onion finely chopped
- 1 cup savory vegetable mixed frozen
- 10 oz canned tomatoes diced with green chiles, drained canned
- 1 tablespoon worcestershire sauce

- 12 ounces bread cut into cubes (from 16 oz. box)
- 2 cups roasted chicken cubed cooked

## Equipment

- bowl
- frying pan
- oven

## Directions

- Cook and drain vermicelli as directed on package.
- Meanwhile, heat oven to 350°F. Spray 9 1/2-inch glass deep-dish pie plate with cooking spray.
- In large bowl, beat egg. Stir in 1/4 cup melted butter and the Parmesan cheese.
- Add cooked vermicelli; toss to coat. Spoon mixture evenly into pie plate, pushing mixture slightly up side of plate to form crust.
- In 12-inch skillet, melt 1 tablespoon butter over medium heat.
- Add onion; cook 3 to 5 minutes, stirring constantly, until tender. Stir in mixed vegetables, tomatoes and Worcestershire sauce. Cook 5 minutes.
- Add cheese; cook, stirring constantly, until melted. Stir in chicken. Spoon evenly into vermicelli-lined pie plate.
- Bake 20 to 25 minutes or until filling is set and crust is light golden brown.
- Let stand 10 minutes. To serve, cut into wedges.

## Nutrition Facts



**PROTEIN 18.41%** **FAT 29.9%** **CARBS 51.69%**

## Properties

Glycemic Index:26.31, Glycemic Load:29.78, Inflammation Score:-8, Nutrition Score:13.665652078131%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin:

0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 376.62kcal (18.83%), Fat: 12.46g (19.18%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 45.84g (16.67%), Sugar: 3.15g (3.5%), Cholesterol: 50.33mg (16.78%), Sodium: 533.48mg (23.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.53%), Selenium: 27.81µg (39.73%), Vitamin A: 1594.87IU (31.9%), Vitamin B3: 5.43mg (27.14%), Vitamin B1: 0.38mg (25.46%), Manganese: 0.44mg (22.17%), Phosphorus: 211.3mg (21.13%), Vitamin B2: 0.32mg (18.96%), Iron: 3.05mg (16.96%), Folate: 67.8µg (16.95%), Vitamin B6: 0.27mg (13.52%), Fiber: 2.64g (10.56%), Zinc: 1.57mg (10.46%), Calcium: 92.87mg (9.29%), Magnesium: 36.2mg (9.05%), Potassium: 291.82mg (8.34%), Copper: 0.16mg (8.02%), Vitamin C: 6.14mg (7.44%), Vitamin B5: 0.68mg (6.82%), Vitamin E: 0.69mg (4.57%), Vitamin B12: 0.22µg (3.59%), Vitamin K: 1.44µg (1.38%)