



WHATSheATE



Cheesy Chicken Spaghetti Pie

READY IN



70 min.

SERVINGS



8

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon butter
- ☐ 10 oz canned tomatoes diced with green chiles, drained canned
- ☐ 12 ounces cheese cut into cubes (from 16 oz. box)
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 1 eggs
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 cup parmesan cheese grated

- ☐ 7 oz vermicelli uncooked
- ☐ 1 tablespoon worcestershire sauce

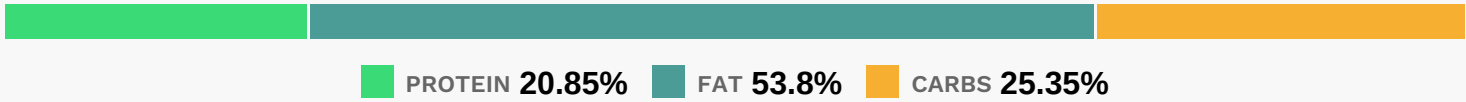
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook and drain vermicelli as directed on package.
- ☐ Meanwhile, heat oven to 350F. 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



Properties

Glycemic Index:19.63, Glycemic Load:13.05, Inflammation Score:-8, Nutrition Score:13.778695469317%

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

0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 434.46kcal (21.72%), Fat: 25.89g (39.84%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 25.74g (9.36%), Sugar: 1.33g (1.47%), Cholesterol: 92.86mg (30.95%), Sodium: 555.59mg (24.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Vitamin A: 2020.96IU (40.42%), Selenium: 27.69µg (39.55%), Calcium: 371.4mg (37.14%), Phosphorus: 361.41mg (36.14%), Vitamin B2: 0.33mg (19.31%), Zinc: 2.69mg (17.92%), Vitamin B3: 3.4mg (17%), Vitamin B6: 0.25mg (12.71%), Manganese: 0.22mg (11.24%), Vitamin B12: 0.67µg (11.11%), Magnesium: 34.08mg (8.52%), Iron: 1.46mg (8.1%), Potassium: 274.81mg (7.85%), Vitamin C: 6.14mg (7.44%), Vitamin B5: 0.72mg (7.16%), Fiber: 1.7g (6.82%), Vitamin B1: 0.09mg (6.15%), Folate: 24.43µg (6.11%), Vitamin E: 0.92mg (6.1%), Copper: 0.11mg (5.49%), Vitamin D: 0.39µg (2.57%), Vitamin K: 2.17µg (2.06%)