

# Cheesy Chicken with Pasta



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 18 ounce chicken with pasta includes seasoning, pasta, baking sauce, crumb topping
- 4 chicken breast boneless skinless
- 2 cups water hot

## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400 degrees F.
- Mix seasoning, hot water, butter and pasta in 13x9x2-inch baking dish. Top with chicken.
- Pour baking sauce over chicken and pasta. Cover tightly with foil.
- Bake 20 minutes. Stir pasta around edge of dish.
- Sprinkle chicken with crumb topping.
- Bake, uncovered, 10 minutes or until done. Stir pasta before serving.

## Nutrition Facts

**PROTEIN 46.93%** **FAT 52.98%** **CARBS 0.09%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:14.98739136302%

## Nutrients (% of daily need)

Calories: 310.81kcal (15.54%), Fat: 17.78g (27.36%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0g (0%), Cholesterol: 118.25mg (39.42%), Sodium: 245.87mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.89%), Vitamin B3: 15.95mg (79.76%), Selenium: 44.98µg (64.25%), Vitamin B6: 1.06mg (53.07%), Phosphorus: 328.93mg (32.89%), Vitamin B5: 2.17mg (21.73%), Potassium: 536.77mg (15.34%), Vitamin B2: 0.19mg (11.12%), Magnesium: 43.02mg (10.75%), Zinc: 1.47mg (9.8%), Vitamin A: 370.02IU (7.4%), Vitamin B1: 0.11mg (7.32%), Vitamin B12: 0.42µg (7.05%), Iron: 0.97mg (5.38%), Vitamin E: 0.62mg (4.1%), Copper: 0.08mg (3.94%), Vitamin C: 2.35mg (2.85%), Folate: 8.26µg (2.07%), Calcium: 18.03mg (1.8%), Vitamin D: 0.24µg (1.57%), Manganese: 0.03mg (1.43%), Vitamin K: 1.14µg (1.09%)