



Cheesy Grown Up SpaghettiOs

♡ Popular

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 45 ounce tomato sauce canned
- ☐ 2 cups chicken breast shredded cooked
- ☐ 1 pound circular pasta
- ☐ 1 tablespoon ranch dressing seasoning packet dry
- ☐ 1 cup cheddar cheese shredded finely

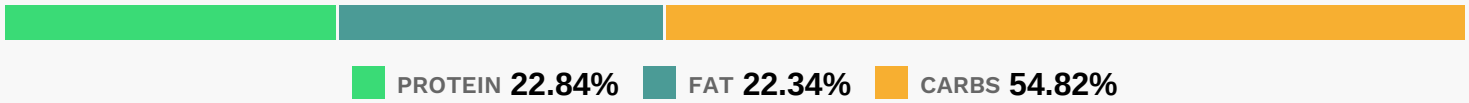
Equipment

- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions then drain under cold water to stop cooking.Melt butter into a large dutch oven or pot over medium heat.
- ☐ Add tomato sauce, stirring to combine.
- ☐ Add your cooked pasta to the sauce along with the shredded chicken, Ranch seasoning and black pepper. Stir to combine, reduce heat to medium low.. Top with shredded cheese and close lid to melt cheese for 3–5 minutes. Once cheese is melted, serve.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:15.89, Inflammation Score:-6, Nutrition Score:13.823478376088%

Nutrients (% of daily need)

Calories: 298.47kcal (14.92%), Fat: 7.44g (11.44%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 37.68g (13.7%), Sugar: 5.86g (6.51%), Cholesterol: 32.69mg (10.9%), Sodium: 715.85mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Selenium: 39.58µg (56.54%), Manganese: 0.57mg (28.59%), Phosphorus: 228.64mg (22.86%), Vitamin B3: 4.25mg (21.25%), Potassium: 555.15mg (15.86%), Vitamin B6: 0.31mg (15.64%), Copper: 0.3mg (14.96%), Vitamin A: 678.21IU (13.56%), Fiber: 3.39g (13.56%), Vitamin E: 2.01mg (13.37%), Magnesium: 52.35mg (13.09%), Iron: 2.19mg (12.14%), Vitamin B2: 0.2mg (11.92%), Zinc: 1.76mg (11.76%), Calcium: 111.5mg (11.15%), Vitamin C: 8.93mg (10.82%), Vitamin B5: 0.92mg (9.22%), Vitamin B1: 0.09mg (6.16%), Folate: 23.5µg (5.87%), Vitamin K: 6.06µg (5.77%), Vitamin B12: 0.2µg (3.39%)