



Cheesy Pesto Chicken Spaghetti Bake

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups chicken breast shredded cooked
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk (I used skim)
- ☐ 2 cups mozzarella balls (ciliegine)
- ☐ 1 cup pesto prepared
- ☐ 1 cup mozzarella cheese shredded

☐ 1 pound pasta like spaghetti dry

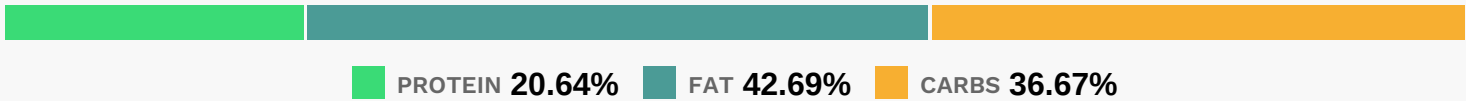
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. and lightly spray a 9×13 inch baking dish with cooking spray.Cook spaghetti according to package directions.
- ☐ Drain and run under cold water.
- ☐ Place noodles back into pot.
- ☐ Add pesto, milk, chicken, salt, garlic salt, and pepper, stirring to combine.
- ☐ Transfer half of the spaghetti to baking dish then add mozzarella balls.
- ☐ Add remaining spaghetti then top with shredded mozzarella.
- ☐ Bake for 20–25 minutes, until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:17.65, Inflammation Score:-6, Nutrition Score:12.658260905224%

Nutrients (% of daily need)

Calories: 511.73kcal (25.59%), Fat: 24.1g (37.08%), Saturated Fat: 6.96g (43.49%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 44.26g (16.1%), Sugar: 4.12g (4.58%), Cholesterol: 52.45mg (17.48%), Sodium: 727.32mg (31.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Selenium: 47.41µg (67.72%), Manganese: 0.54mg (27%), Calcium: 263.96mg (26.4%), Phosphorus: 254.82mg (25.48%), Vitamin B3: 3.77mg (18.85%), Vitamin A: 783.7IU (15.67%), Zinc: 1.87mg (12.45%), Vitamin B6: 0.25mg (12.4%), Magnesium: 43.97mg (10.99%), Vitamin B2: 0.17mg (9.84%), Vitamin B12: 0.59µg (9.76%), Copper: 0.19mg (9.34%), Fiber: 2.33g (9.3%), Iron: 1.41mg (7.84%), Potassium: 263.87mg (7.54%), Vitamin B5: 0.72mg (7.19%), Vitamin B1: 0.09mg (6.27%), Folate: 12.95µg (3.24%), Vitamin D: 0.39µg (2.61%)