



## Chicken and Pasta Casserole with Mixed Vegetables

READY IN



60 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter melted
- 6 chicken tenderloins cut into chunks
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 1 tablespoon basil dried
- 1 tablespoon onion dried minced
- 1 tablespoon parsley dried
- 1 cup bread crumbs dry

- 2 cups vegetables mixed frozen
- 1 cup fusilli pasta dry
- 6 servings garlic powder to taste
- 3 tablespoons olive oil
- 2 tablespoons parmesan cheese grated
- 6 servings salt and pepper to taste

## Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.
- Bring a large pot of lightly salted water to a boil.
- Place fusilli pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- Heat the oil in a skillet over medium heat.
- Place chicken in the skillet, and season with minced onion, salt and pepper, garlic powder, basil, and parsley. Cook until chicken juices run clear.
- Mix in the cooked pasta, cream of chicken soup, cream of mushroom soup, and mixed vegetables.
- Transfer to the prepared baking dish.
- In a small bowl, mix the bread crumbs, Parmesan cheese, and butter.
- Spread evenly over the casserole.
- Bake 30 minutes in the preheated oven until bubbly and lightly browned.

## Nutrition Facts



■ PROTEIN 21.11% ■ FAT 40.68% ■ CARBS 38.21%

## Properties

Glycemic Index:30.83, Glycemic Load:7.25, Inflammation Score:-9, Nutrition Score:19.857825968577%

## Flavonoids

Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

## Nutrients (% of daily need)

Calories: 398.45kcal (19.92%), Fat: 18.19g (27.98%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 34.09g (12.4%), Sugar: 2.08g (2.31%), Cholesterol: 50.09mg (16.7%), Sodium: 1192.65mg (51.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Vitamin A: 3330.71IU (66.61%), Selenium: 29.52µg (42.17%), Vitamin B3: 8.1mg (40.48%), Manganese: 0.74mg (37.02%), Vitamin B6: 0.57mg (28.27%), Phosphorus: 249.78mg (24.98%), Vitamin K: 23.95µg (22.81%), Vitamin B1: 0.32mg (21.66%), Iron: 3.56mg (19.77%), Copper: 0.35mg (17.41%), Fiber: 4.35g (17.38%), Vitamin B2: 0.26mg (15.43%), Potassium: 540.16mg (15.43%), Magnesium: 56.02mg (14%), Zinc: 1.92mg (12.79%), Folate: 50.92µg (12.73%), Vitamin B5: 1.2mg (12.01%), Vitamin E: 1.64mg (10.95%), Calcium: 101.14mg (10.11%), Vitamin C: 8.04mg (9.75%), Vitamin B12: 0.27µg (4.58%)