

Chicken and Pea Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 10 ounce meat from a rotisserie chicken chunk drained canned
- ☐ 10 ounce cream of mushroom soup canned
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 teaspoon kosher salt divided
- ☐ 2.5 teaspoons onion powder
- ☐ 2 cups parmesan cheese freshly grated
- ☐ 1 cup peas frozen thawed
- ☐ 16 ounce rigatoni pasta

☐ 0.8 cup cup heavy whipping cream sour

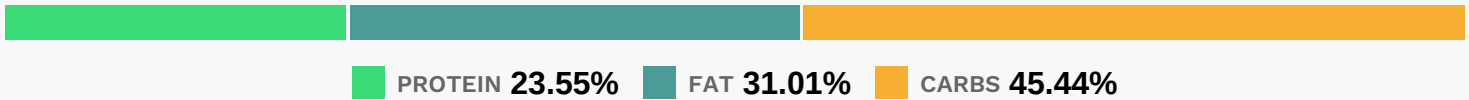
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bring a large pot of water to a boil.
- ☐ Add 1/2 teaspoon salt and pasta, and cook until al dente, about 8 to 10 minutes; drain.
- ☐ Meanwhile, in a large bowl, stir together mushroom soup, sour cream, chicken, and peas. Season with garlic powder, onion powder, 1/2 teaspoon salt, and pepper.
- ☐ Stir cooked pasta into chicken mixture until well combined.
- ☐ Pour pasta mixture into a 9x10-inch casserole dish, and spread out evenly. Top with Parmesan cheese, and spray the top with a bit of cooking spray.
- ☐ Bake in a preheated oven until golden brown, about 20 to 25 minutes.
- ☐ Remove from oven, and let cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:17.77, Inflammation Score:-6, Nutrition Score:15.946086847264%

Nutrients (% of daily need)

Calories: 464.77kcal (23.24%), Fat: 15.85g (24.39%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 52.27g (17.42%), Net Carbohydrates: 49.14g (17.87%), Sugar: 3.35g (3.72%), Cholesterol: 53.96mg (17.99%), Sodium: 1162.07mg (50.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Selenium: 52.47µg (74.95%), Manganese: 0.77mg (38.52%), Phosphorus: 370.86mg (37.09%), Calcium: 269.73mg (26.97%), Zinc: 3.5mg (23.33%), Copper: 0.31mg (15.42%), Magnesium: 57.73mg (14.43%), Vitamin B2: 0.24mg (14.05%), Vitamin

B12: 0.79µg (13.23%), Vitamin B3: 2.56mg (12.81%), Fiber: 3.13g (12.51%), Vitamin B6: 0.24mg (11.81%), Vitamin A: 553.33IU (11.07%), Iron: 1.92mg (10.68%), Potassium: 358.74mg (10.25%), Vitamin C: 7.6mg (9.21%), Vitamin B1: 0.12mg (8.2%), Folate: 28.68µg (7.17%), Vitamin K: 6.55µg (6.24%), Vitamin B5: 0.5mg (4.97%), Vitamin E: 0.42mg (2.78%), Vitamin D: 0.16µg (1.07%)