



## Chicken and Shells with Cheese Sauce

READY IN



13 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 cups chicken
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 cups milk 1% low-fat
- ☐ 2 cups soup noodles uncooked
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

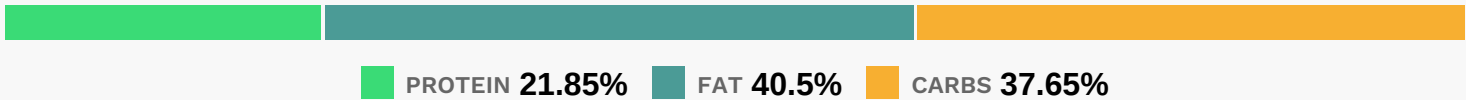
## Equipment

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Melt butter in a small saucepan over medium heat. Stir in flour, salt, and red pepper; gradually add milk, stirring with a whisk until blended. Cook 5 minutes or until thick, stirring constantly.
- ☐ Add cheese; stir until cheese melts.
- ☐ Add pasta and Chicken–Vegetable Toss; cook 3 minutes or until thoroughly heated.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:56.5, Glycemic Load:12.22, Inflammation Score:-5, Nutrition Score:11.767826173616%

## Nutrients (% of daily need)

Calories: 340.62kcal (17.03%), Fat: 15.15g (23.32%), Saturated Fat: 6.87g (42.95%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 30.56g (11.11%), Sugar: 5.27g (5.85%), Cholesterol: 56.63mg (18.88%), Sodium: 325.49mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.8%), Selenium: 32.64µg (46.63%), Phosphorus: 279.86mg (27.99%), Calcium: 224.46mg (22.45%), Vitamin B3: 3.73mg (18.64%), Vitamin B2: 0.28mg (16.67%), Manganese: 0.33mg (16.41%), Vitamin B12: 0.82µg (13.7%), Zinc: 1.9mg (12.68%), Vitamin B6: 0.25mg (12.68%), Vitamin A: 511.92IU (10.24%), Vitamin B1: 0.15mg (10.05%), Magnesium: 39.98mg (10%), Vitamin B5: 0.91mg (9.06%), Potassium: 304.82mg (8.71%), Vitamin D: 1.14µg (7.6%), Copper: 0.12mg (6.02%), Iron: 1.05mg (5.84%), Folate: 23.12µg (5.78%), Fiber: 1.15g (4.58%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.43µg (1.36%)