



Chicken and Spinach Casserole

READY IN



35 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces gemelli uncooked (twist)
- 1.8 ounces leek
- 2 cups milk
- 1 cup roasted chicken cooked
- 2 cups baby spinach
- 0.3 cup parmesan shredded

Equipment

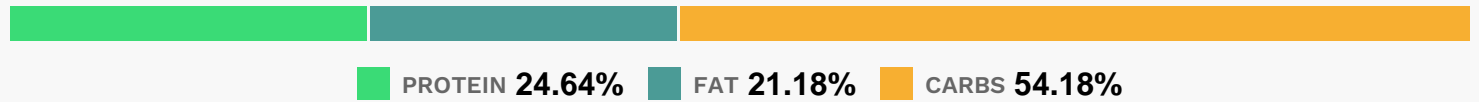
- sauce pan

- oven
- baking pan

Directions

- Heat oven to 350°. Spray 1 1/2-quart casserole or square baking dish, 8 x 8 x 2 inches, with cooking spray. Cook and drain pasta as directed on package.
- While pasta is cooking, mix soup mix (dry) and milk in 1-quart saucepan.
- Heat to boiling, stirring constantly.
- Mix pasta, chicken and spinach in baking dish.
- Pour soup mixture over pasta mixture; stir gently to mix.
- Spread evenly.
- Sprinkle with cheese.
- Bake uncovered about 20 minutes or until bubbly and light golden brown.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:19.81, Inflammation Score:-8, Nutrition Score:20.922173686649%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 377.74kcal (18.89%), Fat: 8.79g (13.53%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 48.22g (17.53%), Sugar: 7.99g (8.88%), Cholesterol: 45.14mg (15.05%), Sodium: 190.54mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23g (46.01%), Vitamin K: 78.97µg (75.21%), Selenium: 48.45µg (69.21%), Vitamin A: 1880.02IU (37.6%), Manganese: 0.73mg (36.4%), Phosphorus: 352.77mg (35.28%), Calcium: 262.54mg (26.25%), Vitamin B3: 4.03mg (20.13%), Vitamin B6: 0.36mg (18.15%), Vitamin B2: 0.31mg (18.04%), Magnesium: 70.21mg (17.55%), Potassium: 502mg (14.34%), Zinc: 2.1mg (13.99%), Vitamin B12: 0.84µg (13.92%), Folate: 49.66µg (12.41%), Copper: 0.22mg (11.09%), Vitamin B5: 1.1mg (10.96%), Vitamin B1: 0.16mg (10.86%), Iron: 1.89mg (10.48%), Fiber: 2.37g (9.5%), Vitamin D: 1.37µg (9.15%), Vitamin C: 5.75mg (6.96%), Vitamin

E: 0.56mg (3.73%)