



Chicken-Asparagus Mac and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



1044 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz asparagus cuts frozen
- ☐ 0.3 cup butter
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2.5 cups milk 2%
- ☐ 16 oz rotini pasta
- ☐ 0.5 teaspoon salt

☐

10 oz block sharp cheddar cheese shredded 2%

Equipment

☐

sauce pan

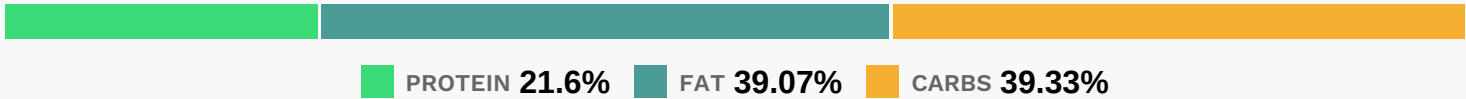
☐

whisk

Directions

- ☐
- Prepare pasta and asparagus according to package directions.
- ☐
- Meanwhile, melt butter in a large saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and next 3 ingredients; cook, whisking constantly, 8 to 10 minutes or until thickened.
- ☐
- Remove from heat.
- ☐
- Gradually stir in Cheddar cheese, stirring until cheese is melted and sauce is smooth. Stir in chicken, hot cooked pasta, and asparagus.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:39.2, Inflammation Score:-9, Nutrition Score:34.710869415947%

Flavonoids

Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg

Nutrients (% of daily need)

Calories: 1044.15kcal (52.21%), Fat: 45.05g (69.31%), Saturated Fat: 24.38g (152.36%), Carbohydrates: 102.07g (34.02%), Net Carbohydrates: 96.85g (35.22%), Sugar: 11.97g (13.3%), Cholesterol: 165.68mg (55.23%), Sodium: 975.58mg (42.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.04g (112.07%), Selenium: 116.92µg (167.03%), Phosphorus: 854.79mg (85.48%), Calcium: 730.62mg (73.06%), Manganese: 1.24mg (61.89%), Vitamin B2: 0.89mg (52.41%), Vitamin B3: 8.72mg (43.6%), Zinc: 6.39mg (42.6%), Vitamin A: 1778.09IU (35.56%), Vitamin B6: 0.62mg (30.98%), Magnesium: 121.36mg (30.34%), Vitamin B12: 1.76µg (29.34%), Vitamin K: 29.76µg (28.34%),

Copper: 0.53mg (26.64%), Vitamin B1: 0.38mg (25.17%), Folate: 94.24µg (23.56%), Iron: 4.21mg (23.4%), Potassium: 818.56mg (23.39%), Vitamin B5: 2.21mg (22.12%), Fiber: 5.22g (20.89%), Vitamin E: 1.79mg (11.95%), Vitamin C: 3.96mg (4.8%), Vitamin D: 0.43µg (2.83%)