

## Chicken Broccoli Shells

READY IN



45 min.

SERVINGS



7

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounces alfredo sauce
- 2 cups broccoli frozen thawed chopped
- 2 cups roasted chicken diced cooked
- 21 jumbo shell pasta cooked drained
- 0.3 cup parmesan shredded
- 4 ounces cheddar cheese shredded

### Equipment

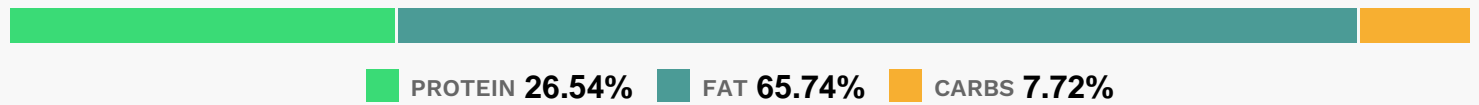
- bowl

- oven
- baking pan

## Directions

- In a large bowl, combine the Alfredo sauce, broccoli, chicken and cheeses. Spoon into pasta shells.
- Place in a greased 13-in. x 9-in. baking dish.
- Cover and bake at 350° for 30–35 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:19.21, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:9.304347857185%

## Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 276.82kcal (13.84%), Fat: 19.83g (30.51%), Saturated Fat: 9.77g (61.05%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.56g (1.74%), Cholesterol: 91.14mg (30.38%), Sodium: 637mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.02%), Vitamin C: 22.43mg (27.18%), Vitamin K: 26.1µg (24.85%), Selenium: 16.65µg (23.78%), Phosphorus: 194.11mg (19.41%), Calcium: 173.64mg (17.36%), Vitamin B3: 3.34mg (16.72%), Vitamin B6: 0.22mg (11.19%), Vitamin B2: 0.17mg (10.12%), Zinc: 1.42mg (9.46%), Vitamin A: 363.25IU (7.27%), Vitamin B5: 0.62mg (6.19%), Vitamin B12: 0.33µg (5.51%), Folate: 21.7µg (5.43%), Potassium: 188.13mg (5.38%), Magnesium: 20.17mg (5.04%), Iron: 0.76mg (4.23%), Manganese: 0.07mg (3.58%), Vitamin B1: 0.05mg (3.29%), Fiber: 0.71g (2.83%), Copper: 0.04mg (2.23%), Vitamin E: 0.33mg (2.18%)