



Chicken Fettuccine Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 slices bacon crumbled cooked
- ☐ 1.5 cups roasted chicken cubed cooked
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup half and half
- ☐ 0.5 cup sun-dried olives drained cut into thin strips
- ☐ 3 tablespoons parmesan shredded

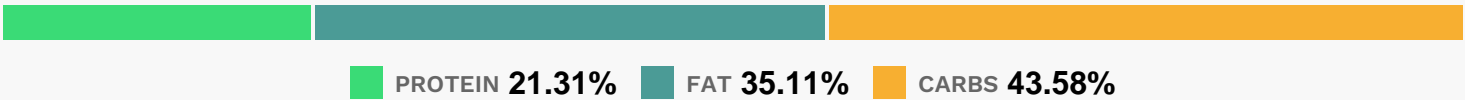
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 35
- ☐ Spray square baking dish, 8x8x2 inches, with cooking spray. Cook and drain fettuccine as directed on package.
- ☐ While fettuccine is cooking, melt butter in 2-quart saucepan over medium heat. Stir in flour. Gradually stir in broth.
- ☐ Heat to boiling, stirring constantly; remove from heat. Stir in half-and-half. Stir in chicken, tomatoes and bacon.
- ☐ Add fettuccine to chicken mixture; toss gently to mix well. Spoon into baking dish.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 30 minutes or until hot in center.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:24.01, Inflammation Score:-7, Nutrition Score:21.26347828948%

Nutrients (% of daily need)

Calories: 543.28kcal (27.16%), Fat: 21.3g (32.76%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 59.46g (19.82%), Net Carbohydrates: 55.51g (20.19%), Sugar: 8.11g (9.01%), Cholesterol: 112.11mg (37.37%), Sodium: 693.77mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.16%), Selenium: 70.09µg (100.13%), Manganese: 0.9mg (44.79%), Vitamin B3: 7.74mg (38.72%), Phosphorus: 386.36mg (38.64%), Potassium: 839.76mg (23.99%), Copper: 0.45mg (22.31%), Vitamin B6: 0.44mg (22.1%), Vitamin B2: 0.37mg (22.03%), Vitamin B1: 0.31mg (20.89%), Magnesium: 83.19mg (20.8%), Iron: 3.51mg (19.52%), Zinc: 2.75mg (18.34%), Fiber: 3.95g (15.79%), Vitamin B5: 1.57mg (15.71%), Vitamin A: 696.74IU (13.93%), Calcium: 129.06mg (12.91%), Folate: 42.04µg (10.51%), Vitamin B12: 0.51µg (8.57%), Vitamin C: 5.68mg (6.89%), Vitamin K: 6.71µg (6.39%), Vitamin E: 0.71mg

(4.72%), Vitamin D: 0.23µg (1.51%)