

# Taste of Home

## Chicken Macaroni

READY IN



40 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10 ounces cream of mushroom soup undiluted canned
- 4 ounces chilis green chopped canned
- 0.5 cup chicken broth
- 0.5 cup onion finely chopped
- 0.5 teaspoon pepper
- 2 cups elbow macaroni cooked
- 1 cup roasted chicken cubed cooked
- 1 cup cheddar cheese shredded

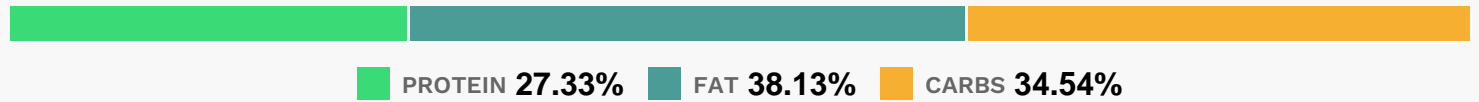
# Equipment

- bowl
- oven
- baking pan

# Directions

- In a bowl, combine the first 5 ingredients. Fold in the macaroni and chicken.
- Transfer to a greased 1-1/2-qt. baking dish; sprinkle with cheese.
- Bake, uncovered, at 350° for 30 minutes or until bubbly.

# Nutrition Facts



# Properties

Glycemic Index:33.92, Glycemic Load:10.73, Inflammation Score:-5, Nutrition Score:12.961304260337%

# Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

# Nutrients (% of daily need)

Calories: 343.89kcal (17.19%), Fat: 14.44g (22.22%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 27.15g (9.87%), Sugar: 1.46g (1.62%), Cholesterol: 58.63mg (19.54%), Sodium: 936.58mg (40.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.59%), Selenium: 35.4µg (50.57%), Phosphorus: 268.23mg (26.82%), Manganese: 0.52mg (25.9%), Calcium: 228.75mg (22.88%), Vitamin B3: 3.96mg (19.8%), Zinc: 2.79mg (18.59%), Vitamin B2: 0.26mg (15.54%), Vitamin B6: 0.28mg (14.22%), Vitamin C: 11.18mg (13.55%), Copper: 0.26mg (12.83%), Iron: 1.78mg (9.88%), Folate: 36.69µg (9.17%), Fiber: 2.29g (9.15%), Magnesium: 36.39mg (9.1%), Vitamin B12: 0.52µg (8.67%), Potassium: 291.85mg (8.34%), Vitamin B5: 0.72mg (7.24%), Vitamin A: 335.49IU (6.71%), Vitamin B1: 0.08mg (5.1%), Vitamin E: 0.27mg (1.81%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.17µg (1.11%)