



Chicken Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce pasteurized cheese product cubed prepared
- 2.5 cups meat from a rotisserie chicken cooked chopped
- 8 ounces penne pasta cooked
- 0.5 cup milk
- 8 ounce cup heavy whipping cream sour

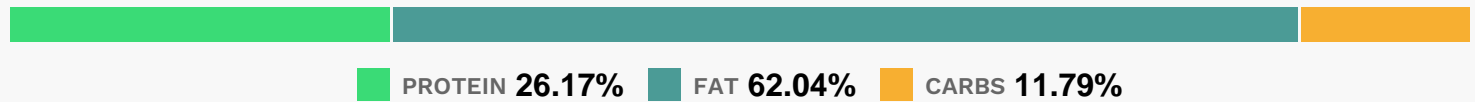
Equipment

- dutch oven

Directions

- Cook first 3 ingredients in a Dutch oven over medium-low heat, stirring constantly, 5 minutes or until cheese melts. Stir in chicken and pasta; cook, stirring constantly, 5 minutes or until thoroughly heated.
- Note: To lighten recipe, use light pasteurized prepared cheese product, light sour cream, and 2% reduced-fat milk.
- Spicy Chicken Macaroni and Cheese: Substitute 2 (8-ounce) loaves Mexican-style pasteurized prepared cheese product, cubed, for the regular cheese product.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:6.19, Inflammation Score:-6, Nutrition Score:17.290869522354%

Nutrients (% of daily need)

Calories: 552.63kcal (27.63%), Fat: 37.91g (58.32%), Saturated Fat: 19.83g (123.96%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.53g (5.65%), Sugar: 2.73g (3.03%), Cholesterol: 144.09mg (48.03%), Sodium: 557.99mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.97%), Selenium: 47.51µg (67.87%), Calcium: 607.32mg (60.73%), Phosphorus: 529.43mg (52.94%), Vitamin B2: 0.52mg (30.49%), Zinc: 4.06mg (27.08%), Vitamin B3: 4.84mg (24.22%), Vitamin A: 1049.85IU (21%), Vitamin B12: 1.16µg (19.33%), Vitamin B6: 0.34mg (16.89%), Magnesium: 45.69mg (11.42%), Vitamin B5: 1.12mg (11.24%), Potassium: 286.18mg (8.18%), Iron: 1.34mg (7.43%), Manganese: 0.14mg (7.21%), Folate: 23.71µg (5.93%), Vitamin B1: 0.08mg (5.64%), Copper: 0.1mg (5.15%), Vitamin E: 0.74mg (4.96%), Vitamin D: 0.68µg (4.52%), Fiber: 0.68g (2.72%), Vitamin K: 2.44µg (2.33%)