



Chicken Pasta and Vegetable Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 1 cup herb seasoned stuffing pepperidge farm®
- ☐ 16 ounce vegetable pasta blend frozen
- ☐ 0.8 cup water

Equipment

- ☐ oven

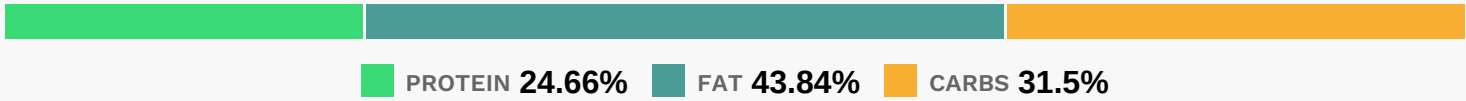
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baking pan

Directions

- ☐ Mix soup, water, vegetable pasta blend and chicken in 2-quart shallow baking dish.
- ☐ Mix stuffing and butter.
- ☐ Sprinkle on top.
- ☐ Bake at 400 degrees F for 35 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:20.344347767208%

Nutrients (% of daily need)

Calories: 396.88kcal (19.84%), Fat: 19.56g (30.1%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 25.65g (9.33%), Sugar: 1.47g (1.63%), Cholesterol: 58.6mg (19.53%), Sodium: 948.37mg (41.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.52%), Vitamin A: 6332.61IU (126.65%), Selenium: 44.02µg (62.89%), Vitamin B3: 7.97mg (39.87%), Phosphorus: 247.53mg (24.75%), Fiber: 5.99g (23.94%), Manganese: 0.42mg (21.25%), Vitamin B6: 0.42mg (20.82%), Iron: 3.28mg (18.2%), Vitamin B1: 0.26mg (17.36%), Vitamin B2: 0.29mg (17.08%), Vitamin C: 11.88mg (14.4%), Folate: 57.48µg (14.37%), Copper: 0.29mg (14.3%), Potassium: 477.98mg (13.66%), Zinc: 1.94mg (12.93%), Magnesium: 51.62mg (12.9%), Vitamin B5: 1.06mg (10.58%), Vitamin K: 9.97µg (9.5%), Vitamin E: 1.33mg (8.86%), Calcium: 66.85mg (6.68%), Vitamin B12: 0.22µg (3.58%)