



food
network

Chicken Spaghetti

READY IN



120 min.

SERVINGS



8

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon cayenne pepper
- 2 cans cream of mushroom soup
- 0.3 cup bell peppers diced green finely
- 1 medium onion diced finely
- 0.3 cup bell peppers diced red finely
- 8 servings salt and pepper black freshly ground
- 1 teaspoon lawry's seasoned salt
- 2.5 cups sharp cheddar grated
- 1 pound pasta like spaghetti thin

- 1 meat from a rotisserie chicken whole

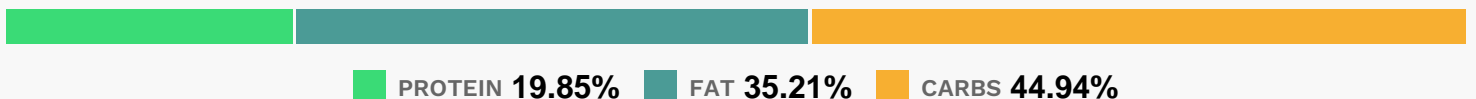
Equipment

- bowl
- oven
- pot
- casserole dish
- aluminum foil

Directions

- Place the chicken into a medium pot of water and bring to a rolling boil over medium-high heat. Boil for a few minutes, then turn to a medium-low heat and simmer for 30 to 45 minutes. Take the chicken out of the pot (leave the liquid for cooking the spaghetti) and let cool slightly. Pick out the meat to make 2 generous cups.
- Preheat the oven to 350 degrees F.
- Cook the spaghetti in the broth from the chicken until al dente. Do not overcook.
- Drain the spaghetti, reserving about 2 cups of the cooking liquid.
- Add the spaghetti to a large bowl and combine with the chicken, mushroom soup, 1 1/2 cups of the Cheddar, the green and red peppers, seasoned salt, cayenne, onions and salt and pepper to taste.
- Mix in 1 cup of the reserved liquid at first, adding an additional cup if needed.
- Place the mixture in a casserole pan and top with the remaining 1 cup Cheddar.
- Bake until bubbly, about 45 minutes. (If the cheese on top starts to get too cooked, cover the casserole with foil.)

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:17.62, Inflammation Score:-6, Nutrition Score:15.047391388727%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 439.87kcal (21.99%), Fat: 17.08g (26.28%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 46.65g (16.96%), Sugar: 2.52g (2.81%), Cholesterol: 52.97mg (17.66%), Sodium: 1077.42mg (46.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.35%), Selenium: 48.55µg (69.36%), Manganese: 0.8mg (39.86%), Phosphorus: 319.7mg (31.97%), Calcium: 270.37mg (27.04%), Zinc: 3.15mg (21.03%), Copper: 0.35mg (17.31%), Vitamin B2: 0.26mg (15.5%), Vitamin C: 10.74mg (13.02%), Magnesium: 50.23mg (12.56%), Vitamin B3: 2.41mg (12.06%), Vitamin B6: 0.23mg (11.27%), Vitamin A: 541.69IU (10.83%), Vitamin B12: 0.59µg (9.78%), Fiber: 2.41g (9.65%), Potassium: 318.73mg (9.11%), Iron: 1.5mg (8.34%), Vitamin B5: 0.72mg (7.16%), Folate: 28.65µg (7.16%), Vitamin B1: 0.1mg (6.58%), Vitamin E: 0.46mg (3.07%), Vitamin K: 2.02µg (1.92%), Vitamin D: 0.23µg (1.51%)