



## Chicken Spaghetti

READY IN



100 min.

SERVINGS



8

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

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

- 1 meat from a rotisserie chicken raw whole cut into 8 pieces

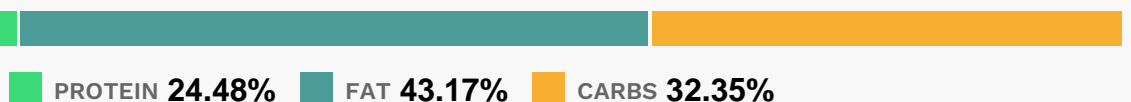
## Equipment

- oven
- pot
- casserole dish
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Bring a large pot of water to a boil.
- Add the chicken pieces to the boiling water and boil for a few minutes, then return the heat to medium-low and simmer, 30 to 45 minutes.
- Remove the chicken and 2 cups of the chicken cooking broth from the pot. When the chicken is cool, remove the skin and pick out the meat (a mix of dark and white) to make 2 generous cups.
- Cook the spaghetti in the same chicken cooking broth until al dente. Do not overcook. When the spaghetti is cooked, combine with the chicken, mushroom soup, 1 1/2 cups cheese, the green peppers, red peppers, onions, seasoned salt, cayenne, and sprinkle with salt and pepper. Stir in 1 cup of the reserved chicken cooking broth, adding an additional cup if needed.
- Place the mixture in a casserole pan and top with the remaining 1 cup cheese. Cover and freeze up to 6 months, cover and refrigerate up to 2 days or bake immediately until bubbly, about 45 minutes. (If the cheese on top starts to get too cooked, cover with foil).

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:17.62, Inflammation Score:-6, Nutrition Score:20.405651890713%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, 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: 613.62kcal (30.68%), Fat: 29.08g (44.73%), Saturated Fat: 11.97g (74.81%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 46.61g (16.95%), Sugar: 2.52g (2.81%), Cholesterol: 110.54mg (36.85%), Sodium: 1132.77mg (49.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Selenium: 59.62µg (85.17%), Phosphorus: 437.34mg (43.73%), Vitamin B3: 8.23mg (41.16%), Manganese: 0.81mg (40.64%), Zinc: 4.22mg (28.16%), Calcium: 279.71mg (27.97%), Vitamin B6: 0.51mg (25.51%), Vitamin B2: 0.36mg (21.13%), Copper: 0.38mg (19.22%), Magnesium: 66.59mg (16.65%), Vitamin C: 12.27mg (14.87%), Vitamin B5: 1.44mg (14.39%), Potassium: 469.66mg (13.42%), Vitamin A: 663.98IU (13.28%), Vitamin B12: 0.79µg (13.19%), Iron: 2.26mg (12.57%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.41g (9.64%), Folate: 33.94µg (8.48%), Vitamin E: 0.72mg (4.78%), Vitamin K: 3.15µg (3%), Vitamin D: 0.4µg (2.68%)