



Chicken Spaghetti

READY IN



60 min.

SERVINGS



8

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.5 cup porcini mushrooms dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 ounces bread french
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.5 cup gruyère cheese shredded packed

- ☐ 2.3 teaspoons kosher salt divided
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 1.3 cups lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1.5 cups peas frozen english thawed
- ☐ 4 ounces processed cheese cubed (such as Velveeta)
- ☐ 18 ounce chicken breast halves boneless skinless cut into bite-sized pieces
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 1 cup water boiling

Equipment

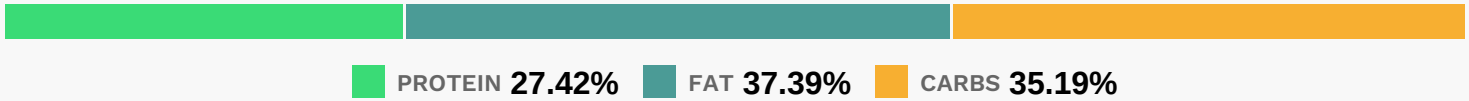
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ colander

Directions

- ☐ Combine 1 cup boiling water and porcini mushrooms in a bowl; let stand 20 minutes.
- ☐ Drain in a colander over a bowl, reserving 1/2 cup soaking liquid. Chop porcini.
- ☐ Cook pasta in boiling water with 2 teaspoons salt until almost al dente; drain. Rinse pasta with cold water, and drain.
- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add 1 tablespoon oil, chicken, 1/4 teaspoon salt, and pepper; saut 5 minutes, turning to brown.
- ☐ Remove chicken. Melt butter in pan.
- ☐ Add cremini mushrooms and garlic; saut 3 minutes, stirring frequently.

- ☐ Add flour; saut 1 minute, stirring constantly.
- ☐ Arrange rack in middle of oven. Preheat broiler to HIGH.
- ☐ Combine reserved porcini liquid, broth, and milk. Gradually add broth mixture to pan, stirring constantly; bring to a boil. Reduce heat, and cook 1 minute or until slightly thick, stirring frequently. Stir in processed cheese and cream cheese.
- ☐ Remove from heat; stir until smooth. Stir in Gruyere.
- ☐ Add porcini, pasta, chicken, peas, and chives; toss. Scrape pasta mixture into a broiler-safe 13 x 9-inch ceramic baking dish.
- ☐ Place bread in a food processor; drizzle with remaining 1 tablespoon oil. Process until coarse crumbs form.
- ☐ Sprinkle crumbs over pasta mixture.
- ☐ Place dish on middle rack in oven; broil 6 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:53.23, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:21.453043201695%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 401.44kcal (20.07%), Fat: 16.65g (25.62%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 32.14g (11.69%), Sugar: 5.34g (5.93%), Cholesterol: 74.55mg (24.85%), Sodium: 1171.18mg (50.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.94%), Selenium: 54.62µg (78.02%), Vitamin B3: 9.52mg (47.61%), Phosphorus: 442.53mg (44.25%), Vitamin B6: 0.66mg (32.97%), Calcium: 305.73mg (30.57%), Manganese: 0.54mg (26.88%), Vitamin B2: 0.44mg (26.06%), Vitamin B5: 2.15mg (21.48%), Copper: 0.41mg (20.72%), Potassium: 691.28mg (19.75%), Vitamin B1: 0.26mg (17.01%), Zinc: 2.51mg (16.71%), Vitamin C: 12.98mg (15.73%), Magnesium: 59.96mg (14.99%), Folate: 52.65µg (13.16%), Vitamin K: 13.73µg (13.07%), Vitamin A: 637.66IU (12.75%), Fiber: 3.11g (12.44%), Vitamin B12: 0.7µg (11.7%), Iron: 1.67mg (9.3%), Vitamin E: 0.94mg (6.28%), Vitamin D: 0.29µg (1.97%)