

Chicken Spaghetti

 Dairy Free

READY IN



110 min.

SERVINGS



7

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups chicken breast half diced boneless cooked
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 bell pepper diced green
- ☐ 4 ounce pimento peppers chopped
- ☐ 1.5 cups processed american cheese shredded
- ☐ 8 ounce pasta like spaghetti

Equipment

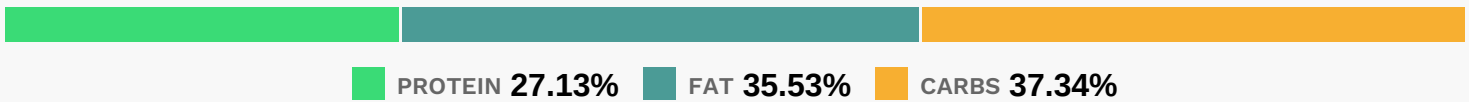
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Mix together in large bowl: cooked spaghetti, diced chicken, pimentos, mushroom soup, bell peppers and cheese.
- ☐ Pour into a large casserole dish and bake for 90 minutes in a preheated oven.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:15.306521695593%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 313.15kcal (15.66%), Fat: 12.26g (18.85%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 27.33g (9.94%), Sugar: 2.28g (2.54%), Cholesterol: 59.61mg (19.87%), Sodium: 864.64mg (37.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.11%), Selenium: 40.28µg (57.55%), Phosphorus: 361.26mg (36.13%), Calcium: 326.17mg (32.62%), Vitamin C: 24.2mg (29.33%), Vitamin B3: 5.6mg (27.99%), Manganese: 0.47mg (23.59%), Vitamin B6: 0.46mg (23.11%), Vitamin A: 757.91IU (15.16%), Zinc: 1.98mg (13.2%), Copper: 0.22mg (11.07%), Potassium: 371.42mg (10.61%), Magnesium: 41.15mg (10.29%), Vitamin B2: 0.17mg (10.17%), Vitamin B12: 0.61µg (10.09%), Vitamin B5: 0.96mg (9.64%), Iron: 1.44mg (7.98%), Fiber: 1.64g (6.56%), Vitamin B1: 0.08mg (5.2%), Folate: 14.98µg (3.74%), Vitamin E: 0.52mg (3.5%), Vitamin K: 3.18µg (3.03%), Vitamin D: 0.22µg (1.49%)