



Chicken Spaghetti Bake

READY IN



30 min.

SERVINGS



30

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 3 cups pasta like spaghetti cooked
- 2 Tbsp parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 4 oz velveeta cut into 1/2-inch cubes
- 4 oz velveeta cut into 1/2-inch cubes

Equipment

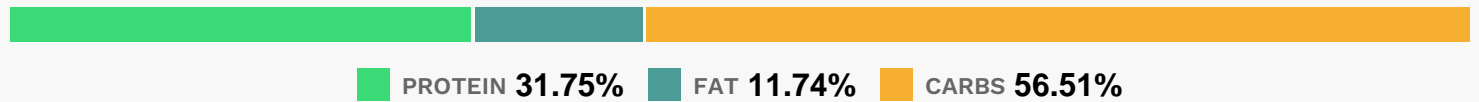
- oven

- baking pan
- ziploc bags

Directions

- Heat oven to 400F.
- Place spaghetti, VELVEETA, chicken and sauce in resealable plastic bag; seal bag. Shake sealed bag and press with hands until mixture is combined. Press mixture into 9-inch pie plate or 8-inch square baking dish sprayed with cooking spray.
- Sprinkle with Parmesan.
- Bake 15 to 20 min. or until filling is heated through.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:3.12, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:1.6873913169231%

Nutrients (% of daily need)

Calories: 35.82kcal (1.79%), Fat: 0.46g (0.71%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.58g (1.66%), Sugar: 0.51g (0.57%), Cholesterol: 5.11mg (1.7%), Sodium: 68.23mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Selenium: 5.45µg (7.79%), Vitamin B3: 0.96mg (4.78%), Manganese: 0.06mg (2.97%), Vitamin B6: 0.05mg (2.66%), Phosphorus: 26.47mg (2.65%), Iron: 0.36mg (1.98%), Fiber: 0.44g (1.74%), Potassium: 57.67mg (1.65%), Copper: 0.03mg (1.55%), Magnesium: 6.12mg (1.53%), Vitamin E: 0.2mg (1.35%), Vitamin A: 57.12IU (1.14%), Zinc: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.09%), Vitamin B2: 0.02mg (1.08%), Vitamin C: 0.86mg (1.04%)