



Chicken Spaghetti Casserole I

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups chicken meat cubed cooked
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup pimento peppers chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded
- ☐ 8 ounces pasta like spaghetti
- ☐ 0.3 cup white wine

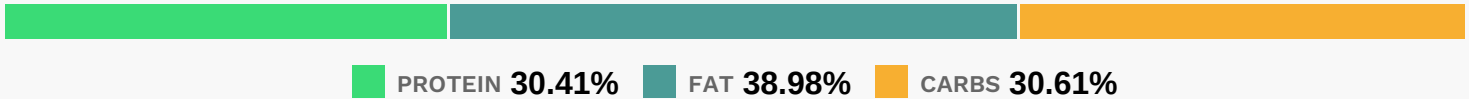
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Put uncooked spaghetti in a large pot of salted boiling water.
- ☐ Let simmer, stirring occasionally, for 8 to 10 minutes or until pasta is al dente.
- ☐ Drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl combine the chicken, cooked spaghetti, pimento, bell pepper, onion, soup, wine and 1 cup of the cheese. Season with salt and pepper to taste and mix all together.
- ☐ Spread mixture into a 9x13 inch baking dish and bake in the preheated oven for 30 minutes.
- ☐ Sprinkle remaining cup of cheese on top and bake for another 15 minutes.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:12.07, Inflammation Score:-6, Nutrition Score:17.403912782669%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 458.81kcal (22.94%), Fat: 19.29g (29.68%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 32.25g (11.73%), Sugar: 2.21g (2.45%), Cholesterol: 92.71mg (30.9%), Sodium: 857.6mg (37.29%), Alcohol: 1.03g (100%), Alcohol %: 0.56% (100%), Protein: 33.86g (67.73%), Selenium: 51.86µg (74.09%), Phosphorus: 401.67mg (40.17%), Vitamin B3: 6.75mg (33.76%), Calcium: 289.94mg (28.99%), Manganese: 0.56mg (27.95%), Zinc: 3.6mg (24%), Vitamin B6: 0.44mg (22.15%), Vitamin B2: 0.33mg (19.7%), Vitamin C: 14.3mg (17.33%), Copper: 0.28mg (13.89%), Magnesium: 51.98mg (12.99%), Vitamin A: 641.76IU (12.84%), Vitamin B12: 0.68µg (11.39%), Vitamin B5: 1.12mg (11.23%), Potassium: 390.51mg (11.16%), Iron: 2mg (11.09%), Vitamin B1: 0.11mg (7.36%), Fiber: 1.83g (7.31%), Folate: 25.58µg (6.4%), Vitamin E: 0.42mg (2.78%), Vitamin K: 2.31µg (2.2%), Vitamin D: 0.23µg (1.51%)