



Chicken Spaghetti II

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 1 bay leaf
- 15 oz tomato sauce canned
- 1 cup celery chopped
- 16 oz pasta like spaghetti cooked
- 0.8 cup flat-leaf parsley fresh chopped
- 3 garlic cloves chopped
- 1 medium size bell pepper green chopped

- 1 cup green onions chopped
- 1 teaspoon hot sauce
- 2 large onions spanish chopped
- 0.3 cup tomato paste
- 10.8 oz all natural tomato soup canned
- 3 lb meat from a rotisserie chicken whole
- 2 tablespoons worcestershire sauce

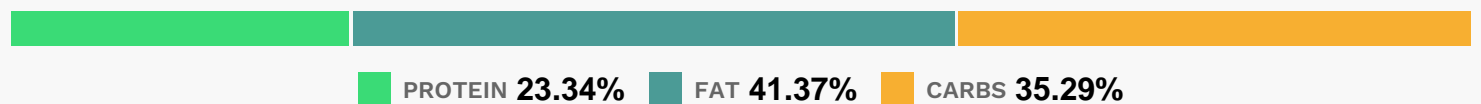
Equipment

- dutch oven

Directions

- If applicable, remove giblets from chicken, and reserve for another use.
- Saut Spanish onions and next 4 ingredients in hot drippings in a large Dutch oven over medium-high heat 8 to 10 minutes or until tender. Stir in tomato sauce, next 5 ingredients, 1 cup water, and chicken. Bring to a boil; reduce heat to medium-low, and simmer 1 hour or until chicken is done.
- Remove chicken, reserving tomato mixture in Dutch oven. Cool chicken 20 minutes.
- Meanwhile, simmer reserved tomato mixture, stirring occasionally, 20 minutes.
- Skin, bone, and shred chicken; stir into tomato mixture. Stir in parsley.
- Add salt and pepper to taste.
- Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:11.63, Inflammation Score:-8, Nutrition Score:21.946086774702%

Flavonoids

Apigenin: 12.48mg, Apigenin: 12.48mg, Apigenin: 12.48mg, Apigenin: 12.48mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg

Nutrients (% of daily need)

Calories: 361.23kcal (18.06%), Fat: 16.78g (25.82%), Saturated Fat: 5.07g (31.72%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 27.59g (10.03%), Sugar: 8.1g (9.01%), Cholesterol: 64.56mg (21.52%), Sodium: 537.31mg (23.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.61%), Vitamin K: 129.13µg (122.98%), Vitamin C: 37.16mg (45.05%), Selenium: 28.35µg (40.5%), Vitamin B3: 7.44mg (37.21%), Vitamin B6: 0.56mg (28.08%), Vitamin A: 1308.84IU (26.18%), Manganese: 0.49mg (24.31%), Potassium: 778.01mg (22.23%), Phosphorus: 217.62mg (21.76%), Iron: 3.73mg (20.73%), Fiber: 4.62g (18.48%), Copper: 0.33mg (16.31%), Magnesium: 59.52mg (14.88%), Vitamin E: 2.22mg (14.82%), Vitamin B2: 0.22mg (13.21%), Zinc: 1.88mg (12.54%), Folate: 50.05µg (12.51%), Vitamin B5: 1.22mg (12.23%), Vitamin B1: 0.15mg (10.25%), Calcium: 75.93mg (7.59%), Vitamin B12: 0.25µg (4.22%), Vitamin D: 0.25µg (1.67%)