



Chicken Spaghetti Supreme

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 skinned and boned chicken breasts
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1 pt grape tomatoes halved
- ☐ 2 bunches green onions chopped
- ☐ 1 cup dressing italian
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 8 oz pasta like spaghetti

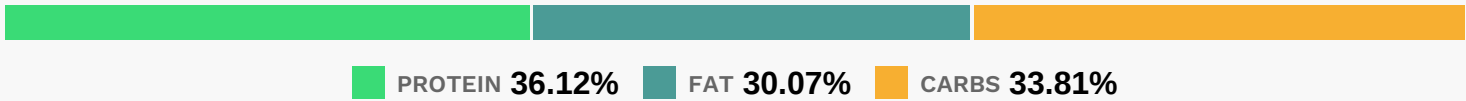
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place chicken breasts in a single layer in a lightly greased 13- x 9-inch baking dish. Top evenly with onions, mushrooms, and tomatoes.
- ☐ Pour dressing evenly over chicken and vegetables.
- ☐ Bake, covered, at 375 for 45 minutes.
- ☐ Remove chicken and vegetables from oven; let stand 10 minutes. Shred chicken using two forks.
- ☐ Cook pasta according to package directions, and drain.
- ☐ Combine shredded chicken mixture and spaghetti, tossing well. Top evenly with 1/2 cup Parmesan cheese.
- ☐ Note: For testing purposes only, we used Kraft Zesty Italian Dressing.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:12.55, Inflammation Score:-7, Nutrition Score:26.856521668641%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 466.15kcal (23.31%), Fat: 15.37g (23.65%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 36.14g (13.14%), Sugar: 8.25g (9.17%), Cholesterol: 103.68mg (34.56%), Sodium: 718.91mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.55g (83.1%), Selenium: 79.37µg (113.38%), Vitamin B3: 18.29mg (91.45%), Vitamin B6: 1.32mg (66.06%), Phosphorus: 500.94mg (50.09%), Vitamin K: 45.2µg (43.05%), Vitamin B5: 2.98mg (29.79%), Potassium: 1019.18mg (29.12%), Manganese: 0.51mg (25.45%), Vitamin B2: 0.38mg (22.08%), Magnesium: 77.76mg (19.44%), Vitamin C: 15.07mg (18.26%), Vitamin A: 868.07IU (17.36%), Copper: 0.33mg (16.7%), Zinc: 2.16mg (14.38%), Vitamin B1: 0.2mg (13.65%), Vitamin E: 1.7mg (11.34%), Fiber: 2.74g (10.97%), Calcium: 109.01mg (10.9%), Iron: 1.71mg (9.49%), Folate: 36.71µg (9.18%), Vitamin B12: 0.43µg (7.15%), Vitamin D:

0.27µg (1.79%)