



Country Chicken and Pasta Bake

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz soup noodles uncooked (nuggets)
- ☐ 3 cups roasted chicken cubed cooked
- ☐ 24 oz campbell's chicken gravy
- ☐ 1 lb broccoli frozen
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup pepperidge farm sage and onion stuffing stuffing
- ☐ 2 tablespoons butter melted

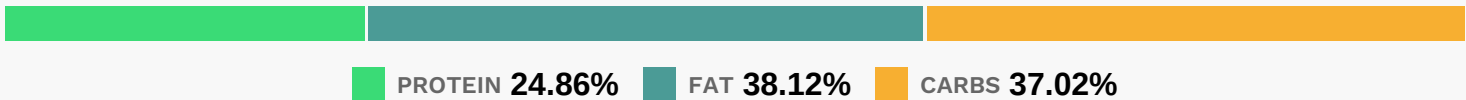
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Cook and drain pasta as directed on package using minimum cook time.
- ☐ In ungreased 2 1/2-quart casserole, mix pasta and remaining ingredients except stuffing and butter.
- ☐ Cover casserole; bake 20 minutes. Uncover and stir casserole. In small bowl, mix stuffing and butter; sprinkle on top.
- ☐ Bake uncovered about 10 minutes longer or until hot and topping is brown.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:9.49, Inflammation Score:-8, Nutrition Score:21.174348053725%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 388.03kcal (19.4%), Fat: 16.3g (25.08%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32.26g (11.73%), Sugar: 4.31g (4.79%), Cholesterol: 61.57mg (20.52%), Sodium: 799.98mg (34.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.83%), Vitamin C: 67.58mg (81.91%), Vitamin K: 79.42µg (75.64%), Selenium: 45.33µg (64.75%), Vitamin B3: 6.73mg (33.65%), Phosphorus: 246.04mg (24.6%), Vitamin B6: 0.47mg (23.35%), Manganese: 0.46mg (23.02%), Vitamin A: 1107.15IU (22.14%), Folate: 62.81µg (15.7%), Potassium: 477.23mg (13.64%), Fiber: 3.37g (13.47%), Vitamin B2: 0.23mg (13.43%), Vitamin B5: 1.25mg (12.54%), Zinc: 1.82mg (12.15%), Magnesium: 47.88mg (11.97%), Iron: 1.96mg (10.91%), Vitamin B1: 0.15mg (9.72%), Copper: 0.17mg (8.57%), Vitamin E: 1mg (6.66%), Calcium: 57.02mg (5.7%), Vitamin B12: 0.21µg (3.49%)