



Creamy Pesto-Chicken Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



542 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces soup noodles uncooked (nugget)
- ☐ 0.5 cup roasted peppers red drained chopped (from 7-ounce jar)
- ☐ 0.3 cup basil pesto
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 10 ounces alfredo sauce refrigerated reduced-fat
- ☐ 12 ounces chicken breast strips/pre-cooked/chopped refrigerated chopped
- ☐ 1 ounce parmesan shredded

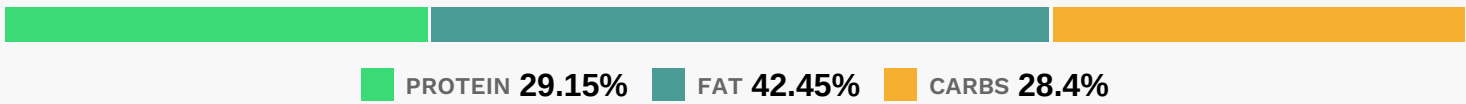
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°. Spray square baking dish, 8x8x2 inches, with cooking spray.
- ☐ Cook pasta 9 minutes as directed on package. Return to saucepan. Stir in remaining ingredients except cheese. Spoon into baking dish.
- ☐ Cover with aluminum foil and bake 35 minutes.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:13.08, Inflammation Score:-5, Nutrition Score:16.079130464274%

Nutrients (% of daily need)

Calories: 541.79kcal (27.09%), Fat: 24.84g (38.22%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 35.5g (12.91%), Sugar: 3.76g (4.18%), Cholesterol: 125.72mg (41.91%), Sodium: 1094.46mg (47.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.77%), Selenium: 52.3µg (74.72%), Vitamin B3: 12.52mg (62.59%), Phosphorus: 343.35mg (34.34%), Vitamin B6: 0.62mg (30.86%), Manganese: 0.43mg (21.71%), Calcium: 166.26mg (16.63%), Magnesium: 54.08mg (13.52%), Vitamin A: 612.09IU (12.24%), Zinc: 1.75mg (11.64%), Vitamin B5: 1.1mg (10.97%), Potassium: 370.2mg (10.58%), Vitamin B2: 0.17mg (10.08%), Vitamin C: 8.14mg (9.86%), Iron: 1.76mg (9.75%), Copper: 0.19mg (9.49%), Vitamin B12: 0.46µg (7.72%), Fiber: 1.9g (7.61%), Vitamin B1: 0.11mg (7.57%), Folate: 14.66µg (3.66%), Vitamin E: 0.29mg (1.95%), Vitamin D: 0.29µg (1.93%)