



WHATSheATE

Easy Chicken Tetrazzini

♥♥ Popular

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cubes chicken bouillon
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 5 chicken breasts cubed cooked
- ☐ 1 pound pasta like spaghetti cooked drained
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 2.3 cups water

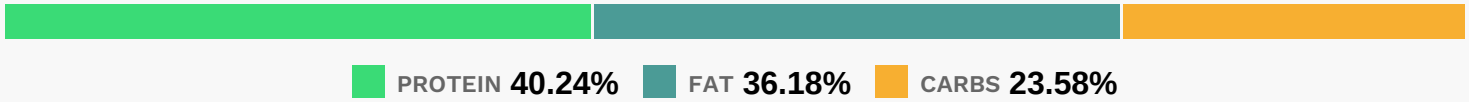
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put cooked spaghetti into 9x13-inch baking dish.
- ☐ Place chicken on top of spaghetti.
- ☐ In medium saucepan heat together soup, water, butter, and bouillon. Bring to a boil and then pour over the pasta and chicken. Put shredded cheese (to taste) on top and press down a bit.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:10.36, Inflammation Score:-4, Nutrition Score:15.171739265971%

Nutrients (% of daily need)

Calories: 400.81kcal (20.04%), Fat: 15.72g (24.18%), Saturated Fat: 6.8g (42.52%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.02g (8.01%), Sugar: 0.75g (0.83%), Cholesterol: 116.25mg (38.75%), Sodium: 688mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.66%), Vitamin B3: 15.27mg (76.35%), Selenium: 47.16µg (67.37%), Vitamin B6: 0.68mg (33.77%), Phosphorus: 319.49mg (31.95%), Iron: 2.66mg (14.77%), Vitamin B5: 1.27mg (12.7%), Manganese: 0.25mg (12.65%), Magnesium: 46.19mg (11.55%), Zinc: 1.73mg (11.52%), Vitamin B2: 0.19mg (11%), Copper: 0.22mg (10.94%), Potassium: 341.92mg (9.77%), Vitamin A: 373.9IU (7.48%), Vitamin B12: 0.41µg (6.92%), Vitamin B1: 0.1mg (6.53%), Vitamin E: 0.93mg (6.18%), Calcium: 59.44mg (5.94%), Fiber: 1.02g (4.08%), Vitamin K: 4.03µg (3.84%), Folate: 10.75µg (2.69%)