



WHATSheATE

Easy Mac and Cheese Veggie Chicken Casserole from Country Crock®

READY IN



40 min.

SERVINGS



6

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups meat from a rotisserie chicken diced cooked
- ☐ 0.3 cup bread crumbs plain dry
- ☐ 4 tablespoons spread divided melted country crock®
- ☐ 2.3 cups cheddar cheese shredded low-fat finely
- ☐ 1 cup milk 2%
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 4 cups vegetables frozen assorted thawed
- ☐ 8 ounces rotini pasta dry cooked drained

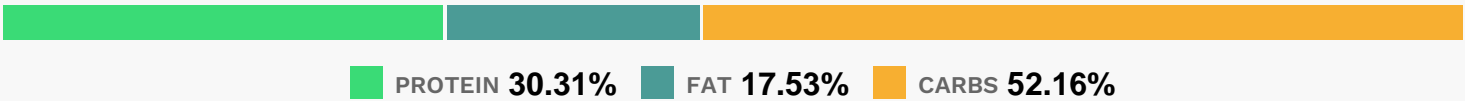
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Combine 3 tablespoons Country Crock®
- ☐ Spread, milk, rotini, chicken, vegetables and cheddar cheese in 8-inch baking dish.
- ☐ Combine bread crumbs, Parmesan cheese and remaining
- ☐ Spread in small bowl; sprinkle over top of casserole.
- ☐ Bake until heated through and crumbs are toasted, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:19.99, Inflammation Score:-10, Nutrition Score:22.972173952538%

Nutrients (% of daily need)

Calories: 436.03kcal (21.8%), Fat: 8.52g (13.11%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 50.66g (18.42%), Sugar: 8.03g (8.92%), Cholesterol: 47.77mg (15.92%), Sodium: 422.63mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Vitamin A: 6315.48IU (126.31%), Selenium: 44.59µg (63.71%), Phosphorus: 488.39mg (48.84%), Manganese: 0.7mg (35.22%), Vitamin B3: 6.2mg (31%), Calcium: 284.4mg (28.44%), Fiber: 6.37g (25.47%), Vitamin B2: 0.39mg (22.88%), Vitamin B6: 0.4mg (20.17%), Zinc: 2.86mg (19.04%), Vitamin B1: 0.28mg (18.44%), Magnesium: 72.66mg (18.17%), Vitamin C: 13.52mg (16.39%), Potassium: 548.96mg (15.68%), Iron: 2.66mg (14.79%), Folate: 56.84µg (14.21%), Copper: 0.28mg (14.05%), Vitamin B5: 1.06mg (10.61%), Vitamin B12: 0.58µg (9.64%)