



## Chicken Fettuccine Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 oz fettuccine barilla refrigerated
- 3 tablespoons butter
- 3 tablespoons flour all-purpose
- 1.8 cups chicken broth (from 32-oz carton)
- 1.5 cups roasted chicken cubed cooked
- 0.5 cup sun-dried olives drained cut into thin strips
- 2 slices bacon crumbled cooked
- 3 tablespoons parmesan shredded
- 0.5 cup frangelico

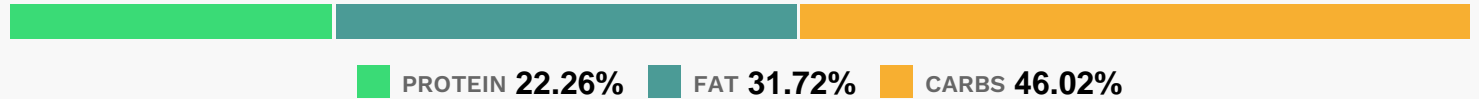
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 350°. Spray square baking dish, 8x8x2 inches, with cooking spray. Cook and drain fettuccine as directed on package.
- While fettuccine is cooking, melt butter in 2-quart saucepan over medium heat. Stir in flour. Gradually stir in broth.
- Heat to boiling, stirring constantly; remove from heat. Stir in half-and-half. Stir in chicken, tomatoes and bacon.
- Add fettuccine to chicken mixture; toss gently to mix well. Spoon into baking dish.
- Sprinkle with cheese.
- Bake uncovered about 30 minutes or until hot in center.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:24.01, Inflammation Score:-6, Nutrition Score:20.364347924357%

## Nutrients (% of daily need)

Calories: 503.65kcal (25.18%), Fat: 17.82g (27.41%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 54.21g (19.71%), Sugar: 6.86g (7.62%), Cholesterol: 101.52mg (33.84%), Sodium: 675.32mg (29.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Selenium: 69.12µg (98.75%), Manganese: 0.9mg (44.77%), Vitamin B3: 7.71mg (38.56%), Phosphorus: 357.62mg (35.76%), Potassium: 799.83mg (22.85%), Copper: 0.44mg (22.18%), Vitamin B6: 0.43mg (21.35%), Vitamin B1: 0.3mg (20.28%), Magnesium: 80.17mg (20.04%), Iron: 3.5mg (19.44%), Vitamin B2: 0.32mg (18.58%), Zinc: 2.63mg (17.55%), Fiber: 3.95g (15.79%), Vitamin B5: 1.48mg (14.83%), Vitamin A: 589.66IU (11.79%), Folate: 41.13µg (10.28%), Calcium: 96.7mg (9.67%), Vitamin B12: 0.46µg (7.61%), Vitamin C: 5.41mg (6.56%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.63mg (4.22%), Vitamin D: 0.23µg (1.51%)