



King Ranch Chicken Mac and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



812 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10 oz canned tomatoes diced green canned
- ☐ 8 oz cheese cubed prepared
- ☐ 1 teaspoon chili powder
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 bell pepper diced green
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 medium onion diced

- ☐ 16 oz soup noodles
- ☐ 6 oz cheddar cheese shredded
- ☐ 0.5 cup cream sour

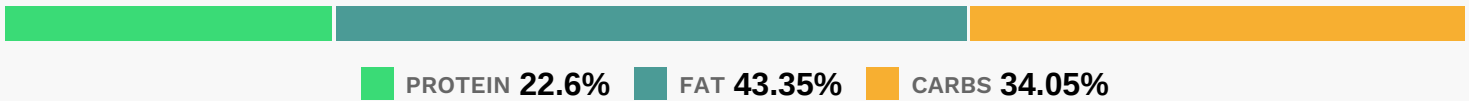
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter in a large Dutch oven over medium-high heat.
- ☐ Add onion and bell pepper, and saut 5 minutes or until tender. Stir in tomatoes and green chiles and prepared cheese product; cook, stirring constantly, 2 minutes or until cheese melts. Stir in chicken, next 4 ingredients, and hot cooked pasta until blended. Spoon mixture into a lightly greased 10-inch cast-iron skillet or 11- x 7-inch baking dish; sprinkle with shredded Cheddar cheese.
- ☐ Bake at 350 for 25 to 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:26.1, Inflammation Score:-8, Nutrition Score:27.29304357197%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 812.37kcal (40.62%), Fat: 38.98g (59.96%), Saturated Fat: 19.42g (121.39%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 64.81g (23.57%), Sugar: 6.53g (7.25%), Cholesterol: 144.05mg (48.02%), Sodium: 951.61mg (41.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.72g (91.43%), Selenium: 85.89µg (122.7%), Phosphorus: 637.91mg (63.79%), Calcium: 544.45mg (54.45%), Manganese: 0.89mg (44.7%), Vitamin B3: 7.8mg (38.98%), Zinc: 4.98mg (33.19%), Vitamin B2: 0.54mg (31.52%), Vitamin B6: 0.59mg (29.65%), Vitamin C: 21.89mg (26.53%), Vitamin A: 1296.27IU (25.93%), Copper: 0.46mg (23.01%), Magnesium: 91.04mg (22.76%), Iron: 3.38mg (18.76%), Potassium: 639.18mg (18.26%), Fiber: 4.1g (16.4%), Vitamin B5: 1.62mg (16.23%), Vitamin B12: 0.95µg (15.87%), Vitamin B1: 0.2mg (13.22%), Vitamin E: 1.84mg (12.23%), Folate: 45.02µg (11.26%), Vitamin K: 8.77µg (8.35%), Vitamin D: 0.4µg (2.65%)