



Macaroni-and-Cheese Bake

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 1 cup elbow macaroni uncooked
- ☐ 1 medium size bell pepper green chopped
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup milk
- ☐ 1 medium onion chopped
- ☐ 2 ounce pimientos diced undrained

☐

4 ounces cheddar cheese shredded

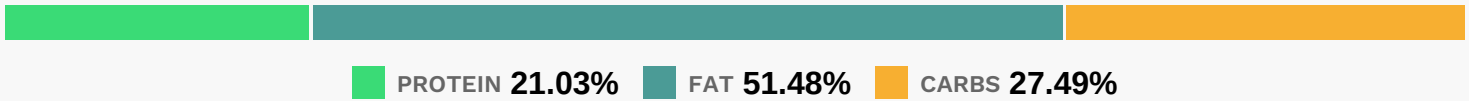
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Stir together pasta, cheese, and next 7 ingredients. Spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 350 for 15 minutes.
- ☐ Sprinkle with breadcrumbs; bake 10 more minutes or until golden.
- ☐ Note: Recipe may be doubled. Freeze up to 3 months; thaw in refrigerator, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:16.995651970739%

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: 463.97kcal (23.2%), Fat: 26.34g (40.52%), Saturated Fat: 7.87g (49.21%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 29.45g (10.71%), Sugar: 3.91g (4.35%), Cholesterol: 66.82mg (22.27%), Sodium: 782.92mg (34.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.43%), Selenium: 34.97µg (49.96%), Vitamin K: 38.07µg (36.26%), Vitamin C: 27.4mg (33.21%), Phosphorus: 288.41mg (28.84%), Vitamin B3: 5.37mg (26.83%), Manganese: 0.53mg (26.66%), Calcium: 197.72mg (19.77%), Vitamin B6: 0.38mg (19.01%), Zinc: 2.62mg (17.49%), Vitamin B2: 0.29mg (16.88%), Vitamin B1: 0.2mg (13.11%), Copper: 0.26mg (12.8%), Vitamin A: 597.52IU (11.95%), Iron: 2.09mg (11.59%), Potassium: 374.5mg (10.7%), Magnesium: 42.53mg (10.63%), Vitamin B12: 0.58µg

(9.74%), Vitamin B5: 0.94mg (9.42%), Fiber: 2.2g (8.82%), Folate: 33.02µg (8.25%), Vitamin E: 0.97mg (6.48%),
Vitamin D: 0.37µg (2.5%)