



Macaroni and Cheesy Chicken Baked Casserole

READY IN



65 min.

SERVINGS



10

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz elbow macaroni uncooked
- 4 tablespoons butter
- 0.3 cup flour all-purpose
- 1 teaspoon onion salt
- 1 teaspoon garlic salt
- 1 teaspoon pepper
- 3 cups milk
- 16 oz cheddar cheese shredded

- 2 cups roasted chicken cooked chopped
- 16 oz broccoli florets frozen
- 1.5 cups panko bread crumbs crispy
- 4 tablespoons butter melted

Equipment

- bowl
- oven
- whisk
- baking pan
- dutch oven
- glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain macaroni as directed on package, using minimum cook time.
- In 5-quart Dutch oven, melt 4 tablespoons butter over medium heat. Beat in flour, onion salt, garlic salt and pepper with whisk until thickened. Cook 1 minute longer. Beat in milk.
- Heat to boiling over high heat, stirring frequently; boil and stir 1 minute.
- Remove from heat. Stir in 3 cups of the cheese until melted. Stir in macaroni, chicken and frozen broccoli.
- Pour into baking dish.
- Sprinkle remaining 1 cup cheese on top.
- In small bowl, mix bread crumbs and melted butter; stir until combined.
- Sprinkle over macaroni mixture.
- Bake 33 to 36 minutes or until mixture is bubbly (at least 165°F in center) and bread crumbs are browned.

Nutrition Facts



■ PROTEIN 20.3% ■ FAT 51.66% ■ CARBS 28.04%

Properties

Glycemic Index:30.4, Glycemic Load:4.51, Inflammation Score:-8, Nutrition Score:21.981304168701%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 517.35kcal (25.87%), Fat: 29.78g (45.82%), Saturated Fat: 16.57g (103.59%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 33.82g (12.3%), Sugar: 5.7g (6.33%), Cholesterol: 99.22mg (33.07%), Sodium: 965.08mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.65%), Selenium: 42.18µg (60.25%), Vitamin C: 40.46mg (49.04%), Vitamin K: 49.32µg (46.97%), Calcium: 461.72mg (46.17%), Phosphorus: 435.95mg (43.6%), Vitamin B2: 0.47mg (27.74%), Manganese: 0.48mg (23.96%), Vitamin A: 1148.13IU (22.96%), Zinc: 3.11mg (20.73%), Vitamin B3: 3.88mg (19.4%), Vitamin B12: 1.01µg (16.8%), Vitamin B1: 0.25mg (16.48%), Vitamin B6: 0.32mg (16%), Folate: 61.72µg (15.43%), Magnesium: 55.32mg (13.83%), Potassium: 436.62mg (12.47%), Vitamin B5: 1.19mg (11.85%), Fiber: 2.56g (10.26%), Iron: 1.73mg (9.6%), Copper: 0.16mg (7.98%), Vitamin D: 1.08µg (7.18%), Vitamin E: 1.03mg (6.87%)