



## Macaroni and Cheesy Chicken Baked Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter melted
- 3 tablespoons butter
- 1 lb chicken uncooked finely chopped
- 10.8 oz cream of chicken soup canned
- 3 cups elbow macaroni uncooked
- 3 tablespoons flour all-purpose
- 0.5 teaspoon garlic salt
- 22 oz savory vegetable frozen

- 2 cups milk
- 2 tablespoons olive oil
- 1.5 teaspoons onion salt
- 1.5 cups panko bread crumbs crispy
- 0.5 teaspoon pepper
- 8 servings salt and pepper
- 12 oz cheddar cheese shredded

## Equipment

- bowl
- frying pan
- oven
- whisk
- glass baking pan

## Directions

- Heat oven to 375F. Cook and drain macaroni as directed on package.
- Place in 13x9-inch (3-quart) glass baking dish.
- Meanwhile, in 10-inch skillet, heat oil over medium-high heat.
- Sprinkle salt and pepper over chicken; add to skillet. Cook chicken, stirring frequently, until golden brown and no longer pink in center.
- Sprinkle cooked chicken evenly over top of cooked macaroni in dish.
- Spread frozen vegetables on top of chicken.
- In same skillet, melt 3 tablespoons butter over medium heat. With whisk, scrape any browned bits from bottom of skillet into butter. Stir in flour with whisk until paste forms. Gradually stir in milk, beating with whisk. Stir in onion salt, 2 cups of the cheese and the soup until mixture is smooth and well combined.
- Pour cheese mixture over vegetables in dish.
- Sprinkle remaining 1 cup Cheddar cheese over top. In small bowl, place bread crumbs.
- Pour melted butter over crumbs.

- Add garlic salt and pepper; stir until crumbs are coated with butter.
- Bake 30 minutes or until mixture is bubbly and bread crumbs are browned.

## Nutrition Facts

**PROTEIN 16.11%** **FAT 47.17%** **CARBS 36.72%**

### Properties

Glycemic Index:45, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:25.707826179007%

### Nutrients (% of daily need)

Calories: 722kcal (36.1%), Fat: 38.04g (58.53%), Saturated Fat: 18.31g (114.44%), Carbohydrates: 66.64g (22.21%), Net Carbohydrates: 61.23g (22.26%), Sugar: 5.4g (5.99%), Cholesterol: 99.84mg (33.28%), Sodium: 1564.59mg (68.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.46%), Vitamin A: 4900.37IU (98.01%), Selenium: 55.25µg (78.93%), Phosphorus: 478.17mg (47.82%), Calcium: 439.56mg (43.96%), Manganese: 0.85mg (42.5%), Vitamin B2: 0.48mg (28.43%), Vitamin B3: 4.87mg (24.37%), Zinc: 3.57mg (23.77%), Vitamin B1: 0.34mg (22.78%), Fiber: 5.41g (21.65%), Magnesium: 78.24mg (19.56%), Copper: 0.34mg (16.78%), Vitamin B6: 0.33mg (16.34%), Iron: 2.85mg (15.86%), Vitamin B12: 0.92µg (15.41%), Folate: 60.96µg (15.24%), Potassium: 506.58mg (14.47%), Vitamin B5: 1.17mg (11.67%), Vitamin C: 8.58mg (10.4%), Vitamin E: 1.5mg (9.98%), Vitamin K: 7.15µg (6.81%), Vitamin D: 0.98µg (6.54%)