



Monterey Chicken Pasta Bake

READY IN



60 min.

SERVINGS



8

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 0.3 cup butter
- 3 cups meat from a rotisserie chicken cooked chopped
- 14 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup flour
- 1 Tbsp cilantro leaves fresh chopped
- 8 oz monterrey jack cheese shredded divided kraft
- 1 small onion finely chopped
- 2 Tbsp parmesan cheese grated kraft

- 3 cups rigatoni pasta uncooked
- 0.5 cup tomatoes chopped

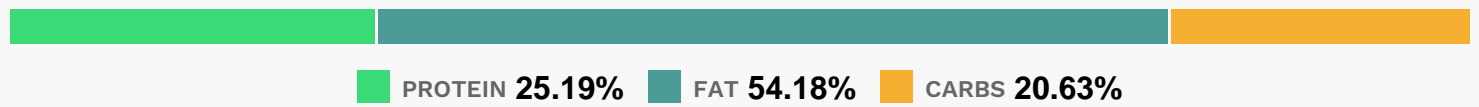
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook pasta as directed on package, omitting salt.
- Meanwhile, melt butter in large nonstick skillet on medium heat.
- Add onions; cook and stir 6 min. or until crisp-tender. Blend in flour; cook and stir 1 min. Gradually stir in broth; cook 3 to 4 min. or until thickened, stirring constantly.
- Add 1 cup shredded cheese; cook and stir 1 min. or until melted.
- Drain pasta.
- Add to ingredients in skillet along with the chicken and bacon; mix well.
- Transfer to 13x9-inch baking dish sprayed with cooking spray; top with remaining shredded cheese. Cover.
- Bake 40 min., uncovering and topping with Parmesan for the last 10 min. Top with tomatoes and cilantro.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:9.24, Inflammation Score:-5, Nutrition Score:12.574782635855%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg

Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 423.21kcal (21.16%), Fat: 25.21g (38.79%), Saturated Fat: 12.47g (77.96%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.51g (7.46%), Sugar: 1.45g (1.61%), Cholesterol: 91.84mg (30.61%), Sodium: 591.37mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.75%), Selenium: 37.53µg (53.61%), Phosphorus: 317.06mg (31.71%), Vitamin B3: 5.79mg (28.94%), Calcium: 241.64mg (24.16%), Vitamin B6: 0.34mg (17.07%), Zinc: 2.29mg (15.26%), Vitamin B2: 0.26mg (15.02%), Manganese: 0.28mg (13.77%), Vitamin A: 514.85IU (10.3%), Vitamin B12: 0.6µg (9.97%), Vitamin B1: 0.14mg (9.66%), Magnesium: 36.43mg (9.11%), Vitamin B5: 0.87mg (8.66%), Iron: 1.5mg (8.34%), Potassium: 284.2mg (8.12%), Copper: 0.14mg (6.78%), Folate: 22.8µg (5.7%), Fiber: 1.09g (4.35%), Vitamin E: 0.4mg (2.64%), Vitamin C: 1.94mg (2.35%), Vitamin K: 2.19µg (2.08%), Vitamin D: 0.24µg (1.62%)