

Pesto Chicken Penne Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce alfredo sauce
- ☐ 3 cups baby spinach fresh
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 6 cups meat from a rotisserie chicken cubed cooked
- ☐ 4 cups cheese blend shredded italian
- ☐ 1.5 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 16 ounce penne pasta

- ☐ 15 ounce pesto sauce
- ☐ 0.5 cup seasoned bread crumbs

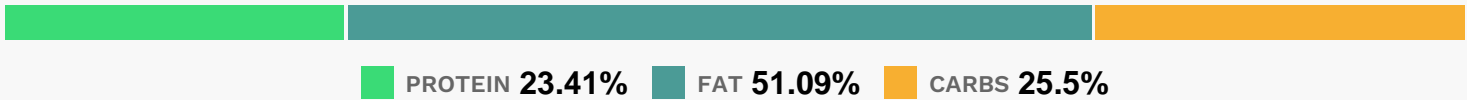
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Combine the bread crumbs, Parmesan cheese, and olive oil in a small bowl until evenly moistened; set aside.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Meanwhile, combine the chicken in a bowl with the Italian cheese blend, spinach, tomatoes, alfredo sauce, pesto sauce, and milk. Stir in the pasta once done, and scoop into the prepared baking dish. Top with the bread crumb mixture.
- ☐ Bake in the preheated oven until bubbly and golden brown on top, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:18.220000121904%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 656.27kcal (32.81%), Fat: 37.18g (57.2%), Saturated Fat: 9.5g (59.38%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.9g (14.14%), Sugar: 6.06g (6.73%), Cholesterol: 93.38mg (31.13%), Sodium: 899.24mg (39.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.34g (76.68%), Selenium: 44.67µg (63.81%), Vitamin K: 41.31µg (39.34%), Vitamin B3: 6.99mg (34.95%), Vitamin A: 1617.67IU (32.35%), Phosphorus: 286.93mg (28.69%), Manganese: 0.54mg (27.23%), Calcium: 250.99mg (25.1%), Vitamin B6: 0.44mg (21.95%), Zinc: 2.11mg (14.06%), Vitamin B2: 0.24mg (13.85%), Magnesium: 55.16mg (13.79%), Iron: 2.48mg (13.77%), Potassium: 455.25mg (13.01%), Copper: 0.24mg (11.9%), Vitamin B1: 0.18mg (11.74%), Fiber: 2.86g (11.44%), Vitamin B5: 1.11mg (11.05%), Folate: 35.66µg (8.92%), Vitamin B12: 0.44µg (7.36%), Vitamin C: 5.5mg (6.67%), Vitamin E: 0.85mg (5.7%), Vitamin D: 0.36µg (2.38%)