



Quick and Easy Chicken Spaghetti

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce angel hair pasta
- 10 ounce to 2 chilies slit diced with green chile peppers canned
- 10.8 ounce cream of chicken soup canned
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 4 ounce mushrooms drained sliced
- 4 ounce mushrooms drained sliced
- 8 ounce processed cheese food cubed
- 6 servings salt and pepper to taste

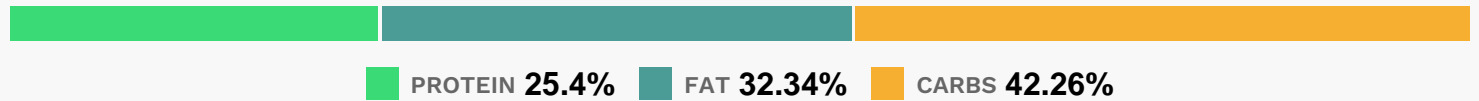
Equipment

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and return to pot.
- To the pasta add the diced tomatoes with green chile peppers, cream of chicken soup, processed cheese, chopped chicken, mushrooms, salt and pepper. Cook and stir over low heat until cheese is melted and mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:19.23, Inflammation Score:-5, Nutrition Score:19.823043439699%

Nutrients (% of daily need)

Calories: 494.38kcal (24.72%), Fat: 17.6g (27.07%), Saturated Fat: 8.33g (52.09%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 48g (17.46%), Sugar: 4.96g (5.52%), Cholesterol: 81.53mg (27.18%), Sodium: 1379.15mg (59.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.2%), Selenium: 60.83µg (86.9%), Phosphorus: 504.11mg (50.41%), Vitamin B3: 8.96mg (44.78%), Calcium: 422.28mg (42.23%), Manganese: 0.6mg (29.81%), Vitamin B6: 0.42mg (21.01%), Vitamin B2: 0.35mg (20.65%), Copper: 0.39mg (19.47%), Zinc: 2.55mg (17.01%), Vitamin B5: 1.51mg (15.1%), Fiber: 3.75g (15.01%), Magnesium: 58.85mg (14.71%), Potassium: 440.93mg (12.6%), Vitamin B12: 0.74µg (12.35%), Iron: 2.19mg (12.16%), Vitamin A: 459.45IU (9.19%), Vitamin B1: 0.13mg (8.44%), Vitamin C: 6.51mg (7.9%), Folate: 22.54µg (5.63%), Vitamin E: 0.77mg (5.13%), Vitamin K: 3.26µg (3.11%), Vitamin D: 0.35µg (2.33%)