



## Quick Skillet Chicken and Macaroni Parmesan

READY IN



30 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12.5 ounce chicken breast white chunk drained swanson® canned
- 2 cups elbow macaroni cooked drained
- 24 ounce sauce italian traditional prego®
- 0.3 cup parmesan cheese grated
- 1 cup mozzarella cheese shredded

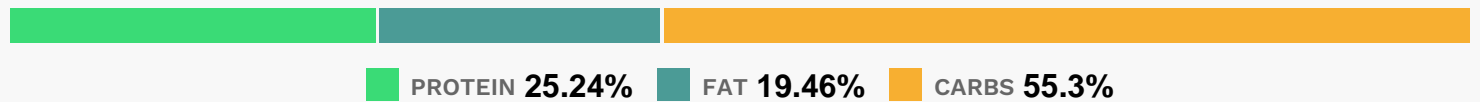
### Equipment

- frying pan

## Directions

- Heat the sauce, Parmesan cheese, chicken and macaroni in a 10-inch skillet over medium-high heat to a boil. Reduce the heat to medium and cook for 10 minutes or until the mixture is hot and bubbling, stirring occasionally.
- Sprinkle with the mozzarella cheese.
- Let stand for 5 minutes or until the cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:19.17, Glycemic Load:10.27, Inflammation Score:-3, Nutrition Score:14.776956594509%

## Nutrients (% of daily need)

Calories: 529.43kcal (26.47%), Fat: 11.12g (17.11%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 71.13g (23.71%), Net Carbohydrates: 69.87g (25.41%), Sugar: 39.98g (44.42%), Cholesterol: 84.26mg (28.09%), Sodium: 2429.57mg (105.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.91%), Selenium: 53.78µg (76.82%), Vitamin B3: 9.55mg (47.77%), Phosphorus: 365.39mg (36.54%), Vitamin B6: 0.71mg (35.66%), Calcium: 205.98mg (20.6%), Vitamin B12: 0.9µg (15%), Vitamin B5: 1.4mg (14.01%), Zinc: 1.96mg (13.06%), Manganese: 0.25mg (12.62%), Vitamin B2: 0.2mg (11.96%), Potassium: 391.37mg (11.18%), Magnesium: 43.42mg (10.86%), Vitamin A: 269.92IU (5.4%), Vitamin B1: 0.08mg (5.39%), Fiber: 1.26g (5.04%), Copper: 0.1mg (4.97%), Iron: 0.83mg (4.61%), Folate: 10.78µg (2.69%), Vitamin E: 0.3mg (1.97%), Vitamin D: 0.23µg (1.55%), Vitamin C: 1.06mg (1.29%)