



## Rotini and Chicken Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 10.8 ounce condensed cheddar cheese soup canned
- 8 ounce mushrooms fresh sliced
- 0.3 cup milk
- 1 onion chopped
- 10 ounce peas green frozen thawed drained
- 0.3 teaspoon pepper
- 16 ounce rotini pasta
- 0.5 teaspoon salt

- 2 cups cheddar cheese shredded divided
- 1 pound chicken breasts boneless skinless cut into bite-size pieces

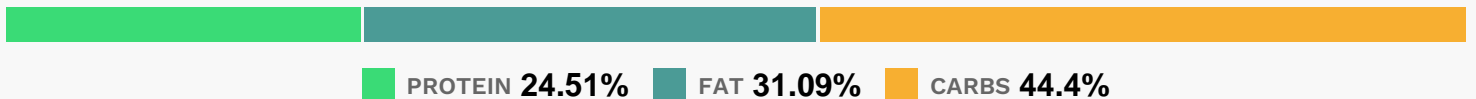
## Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

## 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. Preheat oven to 350 degrees F (175 degrees C.)
- Melt butter in a large, deep skillet over medium high heat.
- Saute the chicken, onion and mushrooms until chicken is no longer pink, and juices run clear. In a large bowl, combine cooked pasta, peas, milk, condensed soup and 1 cup of the cheese. Stir in the chicken mixture.
- Pour into a 3 quart baking dish and sprinkle with remaining 1 cup of shredded cheese.
- Bake in preheated oven for 20 to 25 minutes, or until sauce is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:48.72, Glycemic Load:25.67, Inflammation Score:-8, Nutrition Score:28.136956660644%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 657.2kcal (32.86%), Fat: 22.51g (34.63%), Saturated Fat: 11.4g (71.26%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 66.08g (24.03%), Sugar: 7.82g (8.69%), Cholesterol: 99.74mg (33.25%), Sodium: 838.68mg (36.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.93g (79.85%), Selenium: 87.4µg (124.85%), Vitamin B3: 11.58mg (57.9%), Phosphorus: 577.95mg (57.79%), Manganese: 0.96mg (47.76%), Vitamin B6: 0.85mg (42.47%), Calcium: 337.66mg (33.77%), Vitamin B2: 0.53mg (30.99%), Potassium: 991.75mg (28.34%), Vitamin C: 21.96mg (26.61%), Zinc: 3.76mg (25.08%), Fiber: 6.23g (24.92%), Copper: 0.46mg (23.16%), Magnesium: 92.59mg (23.15%), Vitamin B5: 2.25mg (22.53%), Vitamin A: 1105.65IU (22.11%), Vitamin B1: 0.3mg (20%), Folate: 65.32µg (16.33%), Vitamin K: 13.43µg (12.79%), Iron: 2.26mg (12.53%), Vitamin B12: 0.65µg (10.78%), Vitamin E: 0.69mg (4.63%), Vitamin D: 0.53µg (3.51%)