



WHATSheATE



## Saturday Night Supper

READY IN



50 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound ground chicken
- ☐ 2 cups savory vegetable mixed frozen
- ☐ 15 ounces tomato sauce italian-style canned
- ☐ 1.5 cups shell pasta cooked
- ☐ 0.8 teaspoon garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup parmesan shredded

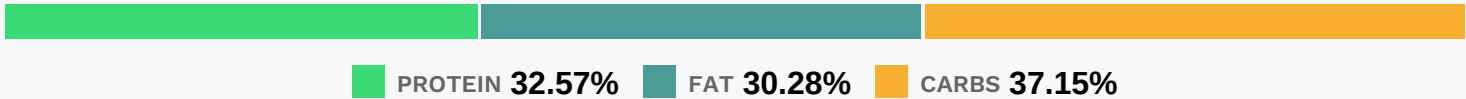
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 400°.
- ☐ Cook chicken in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink; drain.
- ☐ Spoon chicken into ungreased 2-quart casserole. Stir in vegetables, tomato sauce, pasta, garlic salt and pepper.
- ☐ Cover and bake about 30 minutes or until vegetables are tender. Stir; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:49.38, Glycemic Load:12.64, Inflammation Score:-10, Nutrition Score:23.82478249397%

## Nutrients (% of daily need)

Calories: 347.75kcal (17.39%), Fat: 12.05g (18.54%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 27.12g (9.86%), Sugar: 4.11g (4.56%), Cholesterol: 101.77mg (33.92%), Sodium: 1151.39mg (50.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.32%), Vitamin A: 5130.8IU (102.62%), Vitamin B3: 8.73mg (43.64%), Vitamin B6: 0.8mg (40.1%), Selenium: 26.85µg (38.36%), Phosphorus: 356.09mg (35.61%), Potassium: 1129.55mg (32.27%), Vitamin B2: 0.45mg (26.5%), Manganese: 0.53mg (26.46%), Fiber: 6.14g (24.58%), Vitamin C: 16.91mg (20.49%), Iron: 3.51mg (19.48%), Magnesium: 73.35mg (18.34%), Zinc: 2.73mg (18.22%), Vitamin B1: 0.27mg (18.16%), Vitamin B5: 1.8mg (18%), Copper: 0.33mg (16.67%), Vitamin E: 1.88mg (12.54%), Calcium: 122.67mg (12.27%), Vitamin B12: 0.71µg (11.83%), Folate: 40.96µg (10.24%), Vitamin K: 4.19µg (4%)