



VELVEETA Spicy Chicken Spaghetti with Bacon

READY IN



85 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 slices oscar mayer bacon crumbled cooked
- 12 oz premium chicken breast white chunk canned
- 10 oz 8%-fat-free condensed cream of chicken soup canned
- 0.3 cup milk (if you like a slightly thinner sauce, add a little more milk)
- 10 oz ro*tel tomatoes & habaneros diced green undrained canned (for a little less spice use RO*TEL Tomatoes & Chilies)
- 0.8 lb pasta like spaghetti uncooked
- 12 oz velveeta cut into 1/2-inch cubes

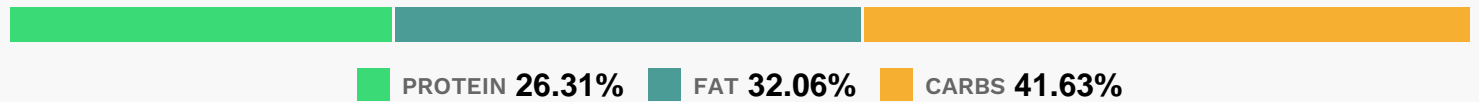
Equipment

- frying pan
- oven

Directions

- PREHEAT oven to 350F.
- COOK spaghetti according to package directions, omitting salt. While pasta is cooking, add remaining ingredients to a skillet; cook and stir over med. high heat until VELVEETA is completely melted and mixture is well blended.
- DRAIN spaghetti, rinse with cold water, and drain again.
- Add to chicken mixture and gently combine ingredients.
- Spread in a 139-inch pan sprayed with cooking spray.
- BAKE 30 to 35 minutes or until heated through.
- Sprinkle with a little chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:11.52, Inflammation Score:-5, Nutrition Score:13.187391161919%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 321.88kcal (16.09%), Fat: 11.32g (17.41%), Saturated Fat: 4.81g (30.03%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 31.64g (11.51%), Sugar: 5.09g (5.66%), Cholesterol: 46.56mg (15.52%), Sodium: 857.39mg (37.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.81%), Phosphorus: 523.74mg (52.37%), Selenium: 35.29µg (50.42%), Vitamin B3: 4.86mg (24.29%), Calcium: 221.47mg (22.15%), Manganese: 0.37mg (18.51%), Vitamin B2: 0.31mg (18.48%), Vitamin B6: 0.36mg (18%), Vitamin A: 649.27IU (12.99%), Potassium: 434.16mg (12.4%), Zinc: 1.82mg (12.12%), Magnesium: 33.42mg (8.36%), Copper: 0.17mg (8.26%), Vitamin B5: 0.8mg

(8.02%), Vitamin B1: 0.1mg (6.77%), Iron: 1.04mg (5.77%), Fiber: 1.43g (5.72%), Vitamin C: 4.35mg (5.28%), Vitamin K: 3.53µg (3.36%), Folate: 12.3µg (3.08%), Vitamin E: 0.46mg (3.06%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.17µg (1.12%)