



VELVEETA® Spicy Chicken Spaghetti

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2914 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz 8%-fat-free condensed cream of chicken soup canned
- 0.3 cup milk
- 4 oz mushroom pieces and stems drained canned
- 10 oz ro*tel tomatoes & chilies diced green undrained canned
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.8 lb pasta like spaghetti uncooked
- 12 oz velveeta cut into 1/2-inch cubes

Equipment

frying pan

oven

Directions

Heat oven to 350F.

Cook spaghetti as directed on package, omitting salt.

Meanwhile, cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 8 to 10 min. or until done.

Add remaining ingredients; cook and stir 5 min. or until VELVEETA is completely melted and mixture is well blended.

Drain spaghetti.

Add to chicken mixture; mix lightly. Spoon into 13x9-inch pan sprayed with cooking spray.

Bake 30 to 35 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:193, Glycemic Load:116.01, Inflammation Score:-10, Nutrition Score:72.229999873949%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 2914.37kcal (145.72%), Fat: 72.86g (112.09%), Saturated Fat: 34.13g (213.3%), Carbohydrates: 332.99g (111%), Net Carbohydrates: 317.57g (115.48%), Sugar: 53.14g (59.05%), Cholesterol: 465.62mg (155.21%), Sodium: 7982.95mg (347.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 222.75g (445.5%), Phosphorus: 5414.69mg (541.47%), Selenium: 377.63µg (539.47%), Vitamin B3: 60.07mg (300.34%), Calcium: 2218.32mg (221.83%), Vitamin B6: 4.27mg (213.74%), Vitamin B2: 3.62mg (213.02%), Manganese: 3.76mg (188.01%), Potassium: 4904mg (140.11%), Vitamin A: 6486.02IU (129.72%), Zinc: 18.13mg (120.84%), Vitamin B5: 10.73mg (107.27%), Copper: 2mg (99.86%), Magnesium: 360.73mg (90.18%), Fiber: 15.42g (61.69%), Iron: 10.91mg (60.64%), Vitamin B1: 0.88mg (58.37%), Vitamin C: 47.29mg (57.32%), Folate: 146.85µg (36.71%), Vitamin K: 35.51µg (33.82%), Vitamin E: 4.35mg (29%), Vitamin B12: 1.39µg (23.2%), Vitamin D: 1.58µg (10.5%)