



## Walter's Chicken and Mac

READY IN



75 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 ounce mushrooms sliced canned
- 2 cups roasted chicken diced cooked
- 10.8 ounce cream of chicken soup canned
- 2 cups .5 oz. macaroni
- 1 cup milk
- 2 cups cheddar cheese shredded

### Equipment

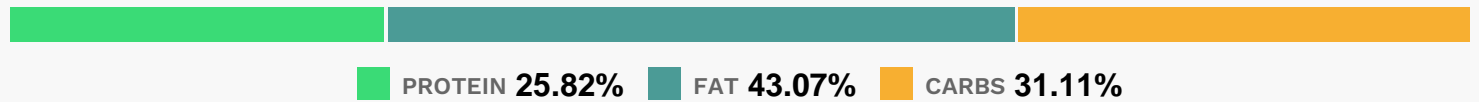
- bowl

- oven
- pot
- baking pan

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook for 8 minutes or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine cooked macaroni, chicken, cheddar cheese, soup, milk and mushrooms.
- Place mixture in a 9x13 inch baking dish.
- Bake uncovered in preheated oven for 50 to 60 minutes; serve.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:2.53, Inflammation Score:-5, Nutrition Score:15.266956466534%

## Nutrients (% of daily need)

Calories: 436.89kcal (21.84%), Fat: 20.72g (31.88%), Saturated Fat: 9.8g (61.25%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 32.04g (11.65%), Sugar: 3.79g (4.21%), Cholesterol: 81.61mg (27.2%), Sodium: 745.82mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Selenium: 46.87µg (66.96%), Phosphorus: 399.12mg (39.91%), Calcium: 338.72mg (33.87%), Vitamin B3: 4.87mg (24.36%), Zinc: 3.05mg (20.35%), Vitamin B2: 0.34mg (19.98%), Manganese: 0.39mg (19.36%), Vitamin B6: 0.3mg (15.24%), Copper: 0.26mg (12.78%), Vitamin B12: 0.75µg (12.57%), Magnesium: 48.62mg (12.16%), Vitamin B5: 1.18mg (11.82%), Vitamin A: 554.88IU (11.1%), Iron: 1.79mg (9.92%), Potassium: 327.24mg (9.35%), Vitamin B1: 0.12mg (7.92%), Fiber: 1.63g (6.52%), Folate: 20.11µg (5.03%), Vitamin D: 0.72µg (4.77%), Vitamin E: 0.62mg (4.12%), Vitamin K: 3.14µg (2.99%)