

Baked Chicken Spaghetti

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-chicken-with-italian-seasoning-recipe>

Ingredients:

- 4 quarts water
- 1 tablespoon kosher salt for seasoning pasta
- 1 pound spaghetti
- 2 tablespoons olive oil
- 1/2 cup yellow onion finely chopped
- 1 tablespoon minced garlic
- 1 teaspoon italian seasonings
- 2 cups marinara sauce store-bought or homemade
- 1/2 cup heavy cream
- 2 cups chicken shredded, cooked
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup shredded Parmesan cheese
- 1 tablespoon chopped parsley

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 85 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 1450 milligrams
9. Sugar: 8 grams

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