

BBQ Chicken Pasta Bake

Yield: 2 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meat-and-cheese-bake-recipe>

Ingredients:

- 5 ounces boneless chicken breast shredded
- 3 cups whole wheat pasta cooked
- 1/4 cup bbq sauce
- 1 onion small, sliced
- 1 tablespoon olive oil
- 1/2 tablespoon butter
- 1/2 tablespoon flour
- 1/2 cup skim milk
- 2 ounces cheese shredded smoked, I used cheddar, gouda and gruyere blend
- 1/4 cup panko bread crumbs

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 65 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 8 grams
8. Sodium: 520 milligrams
9. Sugar: 11 grams

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