

# Chicken Spaghetti

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-spaghetti-recipes>

## Ingredients:

- 8 ounces spaghetti cooked
- 2 cups chicken shredded
- 1 onion chopped
- 1 garlic cloved, minced
- 1/2 green bell pepper chopped
- 1 teaspoon Italian seasoning
- 1/4 cup butter
- 1/4 cup flour
- 1 cup chicken broth
- 3/4 cup light cream
- 14 ounces diced tomatoes drained or tomatoes with chilis
- salt
- pepper
- 1/2 cup Parmesan cheese shredded
- 2 cups sharp cheddar cheese divided

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 135 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 18 grams
8. Sodium: 640 milligrams
9. Sugar: 5 grams

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