Chicken (Cooked Chicken)

Pasta
High Fiber
High Protein

Low SF
Low Sodium
Low Carb

Dinner D6-12

Chicken Capellini Casserole

3 oz Broccoli

Notes:	*Servings*	*Prep*	*Cook*	*Total*
Recipe includes a Master Mix for Rotisserie Chcken.	8	20 min	35 min	55 min

Nutritional Information

7/20/2026

	Casserole	*Broccoli*	*Total*
Calories	402	*30*	*432*
Total Fat (g)	17	*0*	*17*
Saturated Fat (g)	**7**	***0***	***7***
Cholesterol (mg)	**78**	***0***	***78***
Sodium (mg)	**406**	***30***	***436***
Carbs (g)	**31**	***6***	***37***
Fiber	4	*2*	*6*
Sugar	5	*1*	*6*
Protein (g)	30	*2*	*32*

Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	1	1				1

MM

2 Carb Count

5 HH Score

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