



Andouille and Chicken Creole Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound andouille sausage diced
- ☐ 0.3 cup cornstarch
- ☐ 3 tablespoons creole seasoning
- ☐ 14.5 ounce chicken broth fat-free canned
- ☐ 8 ounces mushrooms fresh sliced
- ☐ 2 teaspoons garlic powder
- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 4 green onions chopped
- ☐ 2 teaspoons lemon pepper

- ☐ 2 tablespoons butter
- ☐ 1 cup milk 2%
- ☐ 16 ounce linguine pasta
- ☐ 1 bell pepper red seeded sliced into strips
- ☐ 2 chicken breast halves boneless skinless cut into strips
- ☐ 0.5 cup water cold

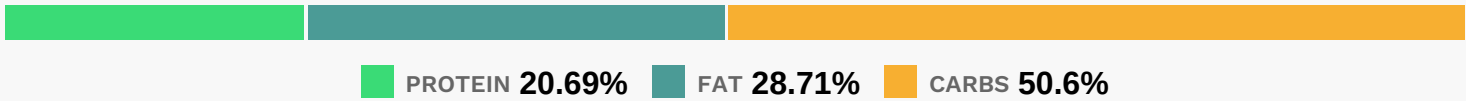
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt the margarine in a large skillet over medium-high heat. Cook sausage and chicken with the Creole seasoning until the meat is about halfway done.
- ☐ Add the mushrooms, green onion, green pepper and red pepper.
- ☐ Saute over medium heat until the mushrooms begin to shrink, about 10 minutes.
- ☐ Stir in the chicken broth and milk, season with lemon pepper and garlic powder, and reduce the heat to medium-low. (Now is a good time to start boiling water for the pasta.)
- ☐ Mix together the cornstarch and cold water until dissolved – I like to use a coffee mug. Stir into the skillet. Cook, stirring gently, until the sauce returns to a boil. Boil for one minute, then remove from heat and set aside.
- ☐ Serve hot over cooked pasta.
- ☐ Place pasta in a large pot of lightly salted water. Boil for 8 to 10 minutes, or until pasta is al dente.
- ☐ Drain.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:17.81, Inflammation Score:-8, Nutrition Score:20.404782606208%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 416.6kcal (20.83%), Fat: 13.31g (20.48%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 49.23g (17.9%), Sugar: 5.29g (5.88%), Cholesterol: 44.82mg (14.94%), Sodium: 529.6mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Selenium: 55.78µg (79.68%), Vitamin C: 34.57mg (41.9%), Vitamin B3: 7.41mg (37.03%), Manganese: 0.7mg (35.19%), Vitamin A: 1538.9IU (30.78%), Phosphorus: 285.68mg (28.57%), Vitamin B6: 0.54mg (26.78%), Vitamin B2: 0.33mg (19.62%), Potassium: 603.71mg (17.25%), Copper: 0.33mg (16.63%), Vitamin K: 16.75µg (15.95%), Vitamin B5: 1.53mg (15.25%), Magnesium: 57.37mg (14.34%), Fiber: 3.56g (14.24%), Zinc: 2.12mg (14.11%), Vitamin B1: 0.21mg (13.99%), Iron: 1.86mg (10.34%), Vitamin B12: 0.61µg (10.14%), Vitamin E: 1.38mg (9.23%), Folate: 33.06µg (8.26%), Calcium: 68.18mg (6.82%), Vitamin D: 0.48µg (3.21%)