



Baked Cheesy Veggie Chicken Pasta

READY IN



105 min.

SERVINGS



12

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3.5 ounces cheese blue crumbled
- 4 cups crème fraîche
- 4 eggs
- 11 ounces emmentaler cheese shredded finely
- 1 pound fusilli pasta
- 5 small bell peppers green chopped
- 1 pinch ground coriander
- 1 pinch ground nutmeg
- 3 teaspoons juice of lemon

- 2 cups milk
- 3 tablespoons olive oil
- 1 pinch oregano dried
- 1 pinch paprika
- 7 ounces parmesan cheese grated
- 3 small bell peppers red chopped
- 12 servings salt and pepper to taste
- 12 ounces cheddar cheese shredded
- 3 chicken breast halves boneless skinless cubed
- 3 teaspoons soya sauce
- 1 cup white wine
- 3 small bell peppers yellow chopped

Equipment

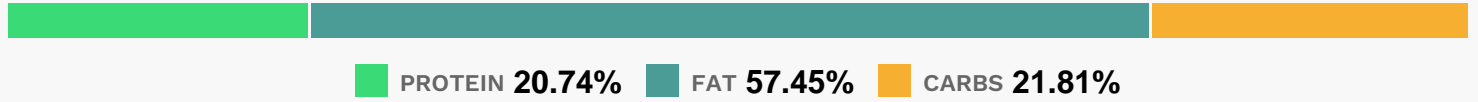
- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- In a large skillet over medium heat, heat oil and saute chicken for 8 to 10 minutes.
- Add green, red and yellow bell peppers, and continue cooking for another 5 minutes. Stir in soy sauce, wine, and lemon juice. Cover skillet, reduce heat to low, and simmer for 20 minutes.
- Preheat oven to 370 degrees F (180 degrees C).
- Beat the eggs in a large bowl with the creme fraiche. Season with paprika, oregano, coriander, nutmeg, and salt and pepper to taste.

- Mix in Cheddar cheese, Emmentaler cheese, and blue cheese.
- Transfer mixture to a 9x13 inch baking dish.
- Sprinkle Parmesan cheese on top, and pour in enough milk to make mixture moist.
- Bake in preheated oven for 40 to 45 minutes, or until the top is golden brown; serve.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:12.98, Inflammation Score:-9, Nutrition Score:30.013913299726%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 746.64kcal (37.33%), Fat: 46.91g (72.17%), Saturated Fat: 24.2g (151.23%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 37.71g (13.71%), Sugar: 7.69g (8.55%), Cholesterol: 192.72mg (64.24%), Sodium: 969.33mg (42.14%), Alcohol: 2.06g (100%), Alcohol %: 0.7% (100%), Protein: 38.11g (76.22%), Vitamin C: 83.95mg (101.76%), Selenium: 61.94µg (88.48%), Calcium: 825.83mg (82.58%), Phosphorus: 706.54mg (70.65%), Vitamin A: 2057.91IU (41.16%), Vitamin B2: 0.63mg (36.94%), Vitamin B12: 1.95µg (32.54%), Vitamin B6: 0.58mg (29.05%), Zinc: 4.31mg (28.75%), Manganese: 0.49mg (24.46%), Vitamin B3: 4.45mg (22.27%), Magnesium: 77.76mg (19.44%), Vitamin B5: 1.78mg (17.83%), Potassium: 595.15mg (17%), Vitamin E: 1.9mg (12.68%), Folate: 49.06µg (12.27%), Copper: 0.22mg (11%), Vitamin B1: 0.15mg (10.1%), Fiber: 2.36g (9.45%), Iron: 1.55mg (8.61%), Vitamin K: 8.37µg (7.97%), Vitamin D: 1.06µg (7.09%)