



Bayou Pasta with Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons cajun spice
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups half and half
- ☐ 0.5 cup parmesan grated
- ☐ 12 ounces penne pasta
- ☐ 2 roma tomatoes diced cored
- ☐ 4 servings salt and pepper
- ☐ 1 pound chicken breast boneless skinless

- ☐ 3 tablespoons butter unsalted
- ☐ 2 teaspoons vegetable oil

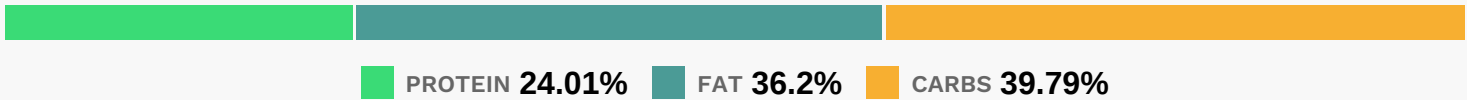
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Bring a pot of salted water to a boil. Cook penne according to package directions.
- ☐ Melt butter over medium heat.
- ☐ Add flour; stir for 1 minute.
- ☐ Add half-and-half; stir until thickened, 6 minutes.
- ☐ Remove from heat; add Parmesan, salt and pepper. Cover.
- ☐ Place chicken between 2 sheets of plastic wrap; pound with a rolling pin to 1/2-inch thickness. Rub Cajun spice and cayenne, if using, evenly over chicken. Warm oil in a nonstick skillet over medium-high heat.
- ☐ Add chicken and cook, turning once, until no longer pink in center, 6 to 8 minutes. Slice chicken.
- ☐ In a bowl, toss pasta with sauce. Top with chicken and tomatoes and serve.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:27.08, Inflammation Score:-9, Nutrition Score:27.566086986791%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 728.07kcal (36.4%), Fat: 29.09g (44.76%), Saturated Fat: 15.12g (94.49%), Carbohydrates: 71.94g (23.98%), Net Carbohydrates: 67.85g (24.67%), Sugar: 7.23g (8.03%), Cholesterol: 135.41mg (45.14%), Sodium: 590.61mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.83%), Selenium: 96.67µg (138.1%), Vitamin B3: 13.98mg (69.9%), Phosphorus: 592.43mg (59.24%), Vitamin B6: 1.11mg (55.6%), Vitamin A: 2318.45IU (46.37%), Manganese: 0.89mg (44.68%), Calcium: 280.85mg (28.09%), Vitamin B2: 0.43mg (25.54%), Potassium: 880.92mg (25.17%), Magnesium: 98.03mg (24.51%), Vitamin B5: 2.41mg (24.15%), Zinc: 2.75mg (18.31%), Copper: 0.33mg (16.53%), Fiber: 4.09g (16.38%), Vitamin B1: 0.22mg (14.47%), Iron: 2.41mg (13.4%), Vitamin E: 1.96mg (13.07%), Vitamin K: 11.24µg (10.7%), Vitamin B12: 0.57µg (9.45%), Folate: 33.26µg (8.31%), Vitamin C: 6.54mg (7.93%), Vitamin D: 0.33µg (2.22%)