

BBQ Chili Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup barbecue sauce
- 8 ounce tomato sauce canned
- 1 tablespoon chili powder
- 1 bell pepper green chopped
- 8 ounces pd of ground turkey
- 1 tablespoon olive oil
- 1 onion chopped
- 1 tablespoon oregano dried

- 8 ounce rotini pasta
- 0.5 teaspoon salt
- 15 ounce kernel corn whole drained canned

Equipment

- bowl
- frying pan
- pot

Directions

- In a large pot with boiling salted water cook rotelle pasta until al dente.
- Drain.
- Meanwhile, in a large non-stick skillet heat oil over medium-high heat, add onion and cook until onion for 2 minutes, or until softened.
- Add ground turkey and cook until no pink remains, about 3 to 4 minutes. Stir in chopped green bell pepper, corn, chili powder, dried oregano, salt, tomato sauce, and BBQ sauce. Bring mixture to a boil. Reduce heat to medium and simmer until slightly thickened, about 3 to 4 minutes, stirring occasionally.
- In a large serving bowl, combine the turkey mixture with the pasta.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:12.44, Inflammation Score:-9, Nutrition Score:14.948260670123%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 343.47kcal (17.17%), Fat: 5.27g (8.11%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 54.35g (19.76%), Sugar: 15.61g (17.34%), Cholesterol: 20.79mg (6.93%), Sodium: 901.7mg (39.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.51%), Selenium: 33.34µg (47.62%), Manganese: 0.59mg (29.33%), Vitamin B3: 5.76mg (28.81%), Vitamin B6: 0.54mg (27.23%), Vitamin C: 21.4mg (25.94%), Phosphorus: 218.18mg (21.82%), Potassium: 571.26mg (16.32%), Vitamin A: 736.46IU (14.73%), Magnesium: 57.17mg (14.29%), Fiber: 3.57g (14.26%), Vitamin E: 1.97mg (13.15%), Copper: 0.26mg (13.07%), Iron: 2.19mg (12.16%), Zinc: 1.68mg (11.19%), Vitamin K: 11.28µg (10.74%), Folate: 42.31µg (10.58%), Vitamin B2: 0.14mg (8.53%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.73mg (7.33%), Calcium: 51.63mg (5.16%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.15µg (1.01%)