



Cajun Chicken Fettuccine

READY IN



30 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups water
- 1 box fettuccine barilla
- 1 tablespoon butter
- 2 cups mushrooms fresh sliced
- 1 small onion cut into thin strips
- 1 medium bell pepper green red cut into thin bite-size strips
- 2.5 cups milk
- 0.5 teaspoon seasoning italian
- 0.5 teaspoon paprika

- 0.3 teaspoon ground pepper red (cayenne)
- 0.8 cup pasta sauce
- 3 cups rotisserie chicken cut cubed (from)

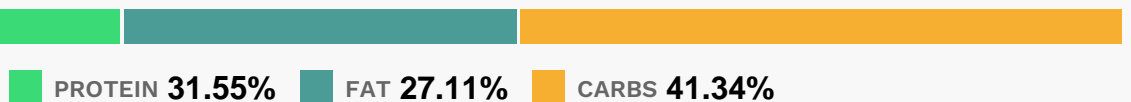
Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan, heat 3 cups water to boiling. Stir in pasta (from Chicken Helper box). Return to boiling; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until pasta is tender.
- Drain; cover to keep warm.
- Meanwhile, in 10-inch nonstick skillet, melt margarine over medium-high heat.
- Add mushrooms, onion and bell pepper; cook about 3 minutes, stirring occasionally, until vegetables are crisp-tender.
- Remove from skillet.
- In same skillet, mix milk, sauce mix (from Chicken Helper box), Italian seasoning, paprika and ground red pepper.
- Heat to boiling, stirring occasionally.
- Reduce heat. Cook uncovered 6 minutes, stirring occasionally. Stir in tomato pasta sauce, vegetables and chicken. Cook uncovered about 3 minutes longer or until thoroughly heated.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:25.3, Inflammation Score:-6, Nutrition Score:19.17217399763%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 607.64kcal (30.38%), Fat: 18.42g (28.33%), Saturated Fat: 5.79g (36.17%), Carbohydrates: 63.17g (21.06%), Net Carbohydrates: 59.23g (21.54%), Sugar: 9.05g (10.05%), Cholesterol: 188.76mg (62.92%), Sodium: 640.79mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.21g (96.42%), Selenium: 64.28µg (91.82%), Manganese: 0.75mg (37.25%), Phosphorus: 328.12mg (32.81%), Vitamin C: 19.7mg (23.88%), Vitamin B2: 0.37mg (21.74%), Copper: 0.4mg (19.99%), Vitamin B6: 0.35mg (17.66%), Magnesium: 68.45mg (17.11%), Calcium: 168.63mg (16.86%), Potassium: 588.52mg (16.81%), Vitamin B5: 1.68mg (16.79%), Vitamin B3: 3.28mg (16.41%), Fiber: 3.94g (15.77%), Vitamin B1: 0.24mg (15.72%), Zinc: 2.16mg (14.41%), Vitamin B12: 0.78µg (13.03%), Vitamin A: 620.49IU (12.41%), Iron: 2.07mg (11.52%), Vitamin D: 1.41µg (9.38%), Folate: 34.73µg (8.68%), Vitamin E: 1.02mg (6.83%), Vitamin K: 4.29µg (4.08%)