



## Cajun Chicken Pasta

 Popular

READY IN



30 min.

SERVINGS



2

CALORIES



1105 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 2 teaspoons cajun spice
- 0.3 teaspoon basil dried
- 4 mushrooms fresh sliced
- 0.1 teaspoon garlic powder
- 1 bell pepper green chopped
- 1 green onion minced
- 0.1 teaspoon ground pepper black

- 1.5 cups heavy cream
- 0.3 teaspoon lemon pepper
- 2 tablespoons parmesan cheese grated
- 4 ounces linguine pasta
- 0.5 bell pepper red chopped
- 0.3 teaspoon salt
- 2 chicken breast halves boneless skinless sliced into thin strips

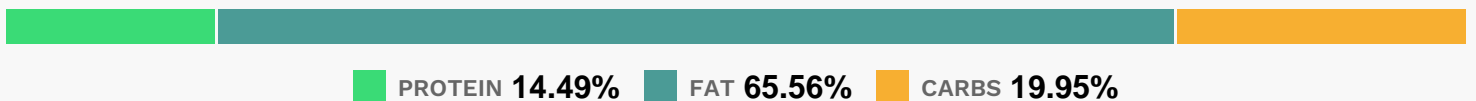
## Equipment

- bowl
- frying pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add linguini pasta, and cook for 8 to 10 minutes, or until al dente; drain.
- Meanwhile, place chicken and Cajun seasoning in a bowl, and toss to coat.
- In a large skillet over medium heat, saute chicken in butter until no longer pink and juices run clear, about 5 to 7 minutes.
- Add green and red bell peppers, sliced mushrooms and green onions; cook for 2 to 3 minutes. Reduce heat, and stir in heavy cream. Season the sauce with basil, lemon pepper, salt, garlic powder and ground black pepper, and heat through.
- In a large bowl, toss linguini with sauce.
- Sprinkle with grated Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:141, Glycemic Load:18.06, Inflammation Score:-10, Nutrition Score:37.830434591874%

## Flavonoids

Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## Nutrients (% of daily need)

Calories: 1105.35kcal (55.27%), Fat: 81.59g (125.52%), Saturated Fat: 49.95g (312.18%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 50.99g (18.54%), Sugar: 10.56g (11.74%), Cholesterol: 308.48mg (102.82%), Sodium: 658.46mg (28.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.59g (81.17%), Selenium: 83.22µg (118.88%), Vitamin C: 90.33mg (109.5%), Vitamin A: 5250.46IU (105.01%), Vitamin B3: 15.14mg (75.7%), Vitamin B6: 1.31mg (65.38%), Phosphorus: 547.3mg (54.73%), Vitamin B2: 0.74mg (43.48%), Manganese: 0.77mg (38.58%), Vitamin B5: 3.16mg (31.56%), Potassium: 1093.5mg (31.24%), Vitamin K: 29.7µg (28.29%), Vitamin E: 3.6mg (23.98%), Magnesium: 93.52mg (23.38%), Copper: 0.42mg (20.78%), Calcium: 205.85mg (20.58%), Vitamin D: 3.07µg (20.49%), Fiber: 4.86g (19.45%), Zinc: 2.6mg (17.35%), Vitamin B1: 0.25mg (16.98%), Iron: 2.56mg (14.24%), Folate: 54.38µg (13.6%), Vitamin B12: 0.62µg (10.31%)