



Cajun Chicken Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



824 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon cajun spice
- ☐ 2 pounds chicken breast
- ☐ 0.3 teaspoon basil dried
- ☐ 8 oz mushrooms fresh
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 small bell pepper green thinly sliced
- ☐ 2 slices spring onion light sliced (white and green parts only)
- ☐ 4 servings spring onion chopped

- ☐ 1.5 cups half and half
- ☐ 0.3 teaspoon lemon pepper
- ☐ 12 ounces pasta uncooked
- ☐ 1 small bell pepper red thinly sliced
- ☐ 1.3 teaspoons salt divided

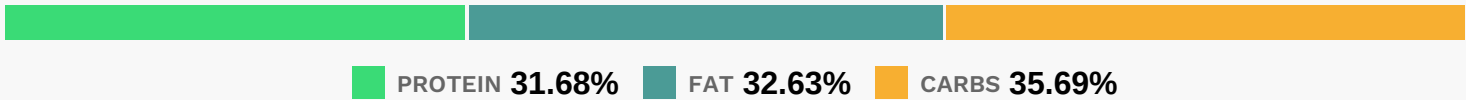
Equipment

- ☐ frying pan

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Sprinkle chicken evenly with Cajun seasoning and 1 tsp. salt. Melt 1/4 cup butter in a large nonstick skillet over medium-high heat; add chicken, and saut 5 to 6 minutes or until done.
- ☐ Remove chicken.
- ☐ Add bell peppers, mushrooms, and green onions to skillet, and saut 9 to 10 minutes or until vegetables are tender and liquid evaporates.
- ☐ Return chicken to skillet; stir in half-and-half, next 3 ingredients, and remaining 1/4 tsp. salt. Cook, stirring often, over medium-low heat 3 to 4 minutes or until thoroughly heated.
- ☐ Add linguine; toss to coat.
- ☐ Garnish, if desired, and serve immediately.
- ☐ *1/2 (16-oz.) bag frozen sliced green, red, and yellow bell peppers and onion may be substituted. For testing purposes only, we used Birds Eye Pepper Stir-Fry.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:26.4, Inflammation Score:-9, Nutrition Score:38.008260872053%

Flavonoids

Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 823.76kcal (41.19%), Fat: 29.63g (45.58%), Saturated Fat: 15.29g (95.54%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 68.06g (24.75%), Sugar: 8.71g (9.68%), Cholesterol: 207.42mg (69.14%), Sodium: 1148.03mg (49.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.72g (129.44%), Selenium: 134.87µg (192.67%), Vitamin B3: 27.74mg (138.69%), Vitamin B6: 2.07mg (103.26%), Phosphorus: 792.95mg (79.29%), Vitamin C: 44.52mg (53.97%), Vitamin B5: 4.85mg (48.54%), Manganese: 0.95mg (47.44%), Vitamin A: 2319.42IU (46.39%), Vitamin B2: 0.74mg (43.26%), Potassium: 1467.24mg (41.92%), Magnesium: 127.81mg (31.95%), Copper: 0.53mg (26.66%), Zinc: 3.36mg (22.41%), Vitamin B1: 0.33mg (21.76%), Vitamin K: 21.12µg (20.12%), Fiber: 4.84g (19.37%), Iron: 2.97mg (16.5%), Calcium: 145.79mg (14.58%), Vitamin E: 2mg (13.34%), Folate: 52.85µg (13.21%), Vitamin B12: 0.67µg (11.21%), Vitamin D: 0.34µg (2.27%)