



Cajun Chicken Pasta

READY IN



40 min.

SERVINGS



2

CALORIES



942 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 sliced
- ☐ 1 green onion chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 cup heavy cream

- ☐ 0.3 teaspoon lemon pepper
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 ounces linguine pasta
- ☐ 1 bell pepper red sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 chicken breast halves boneless skinless

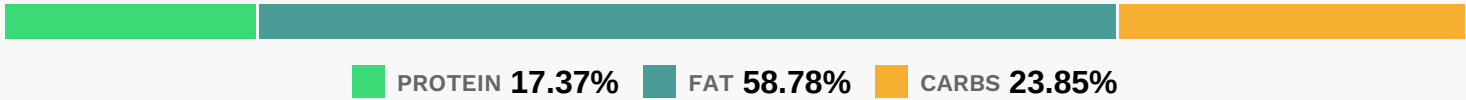
Equipment

- ☐ frying pan
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Place the chicken and the Cajun seasoning in a plastic bag. Shake to coat. In a large skillet over medium heat, saute the chicken in butter or margarine until almost tender (5 to 7 minutes).
- ☐ Add the red bell pepper, green bell pepper, mushrooms and green onion.
- ☐ Saute and stir for 2 to 3 minutes. Reduce heat.
- ☐ Add the cream, basil, lemon pepper, salt, garlic powder and ground black pepper.
- ☐ Heat through.
- ☐ Add the cooked linguine, toss and heat through.
- ☐ Sprinkle with grated Parmesan cheese and serve.

Nutrition Facts



Properties

Glycemic Index:141, Glycemic Load:18.44, Inflammation Score:-10, Nutrition Score:38.294347804526%

Flavonoids

Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 942.36kcal (47.12%), Fat: 62.3g (95.85%), Saturated Fat: 37.44g (234.02%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 51.4g (18.69%), Sugar: 10.08g (11.2%), Cholesterol: 247.76mg (82.59%), Sodium: 774.83mg (33.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.82%), Vitamin C: 128.06mg (155.22%), Selenium: 84.09µg (120.13%), Vitamin A: 5372.16IU (107.44%), Vitamin B3: 15.4mg (76.99%), Vitamin B6: 1.38mg (68.97%), Phosphorus: 568.07mg (56.81%), Manganese: 0.81mg (40.54%), Vitamin B2: 0.68mg (39.91%), Potassium: 1113.55mg (31.82%), Vitamin B5: 3.12mg (31.23%), Vitamin K: 29.39µg (27.99%), Magnesium: 95.55mg (23.89%), Vitamin E: 3.56mg (23.72%), Calcium: 234.96mg (23.5%), Fiber: 5.49g (21.95%), Copper: 0.42mg (20.86%), Zinc: 2.86mg (19.05%), Vitamin B1: 0.26mg (17.39%), Folate: 66.14µg (16.53%), Iron: 2.66mg (14.8%), Vitamin D: 2.16µg (14.4%), Vitamin B12: 0.62µg (10.42%)