



## Cheesy Chicken and Salsa Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup regular corn frozen thawed
- 1 large bell pepper green cut into strips
- 2 cups multi-grain penne pasta uncooked
- 1.3 cups taco bell home originals 'n chunky salsa thick
- 1 cup milk four cheese shredded 2% mexican style kraft finely
- 1 pound chicken breasts boneless skinless cut into bite-size pieces

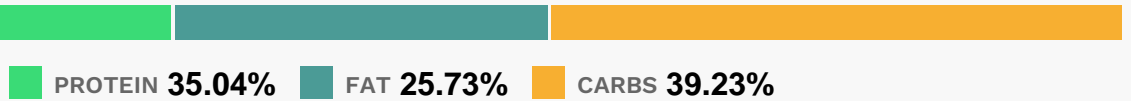
### Equipment

- frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat.
- Add chicken; cook and stir 2 min. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.
- Drain pasta.
- Add to chicken mixture; mix lightly. Top with cheese.
- Remove from heat; cover.
- Let stand 1 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:29.443913200627%

## Flavonoids

Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 405.24kcal (20.26%), Fat: 11.97g (18.41%), Saturated Fat: 5.8g (36.24%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 37.72g (13.72%), Sugar: 4.08g (4.53%), Cholesterol: 105.95mg (35.32%), Sodium: 1097.73mg (47.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.33%), Selenium: 64.87µg (92.68%), Vitamin B3: 15.54mg (77.69%), Vitamin B6: 1.38mg (69.2%), Manganese: 1.15mg (57.55%), Phosphorus: 512mg (51.2%), Vitamin C: 38.84mg (47.08%), Vitamin B2: 0.55mg (32.15%), Magnesium: 109mg (27.25%), Potassium: 909.97mg (26%), Vitamin B5: 2.6mg (25.99%), Vitamin B1: 0.37mg (24.73%), Calcium: 231.04mg (23.1%), Zinc: 2.95mg (19.69%), Vitamin A: 735.62IU (14.71%), Folate: 57.49µg (14.37%), Vitamin B12: 0.86µg (14.34%), Copper: 0.28mg (13.99%), Iron: 2.51mg (13.96%), Fiber: 3.31g (13.26%), Vitamin E: 1.43mg (9.51%), Vitamin K: 7.35µg (7%), Vitamin D: 0.26µg (1.76%)