



Cheesy Chicken Pepper Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



669 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter
- 2 tablespoons cornstarch
- 1 clove garlic minced
- 0.3 teaspoon garlic powder
- 2 cups milk
- 16 ounces muenster cheese shredded
- 2 tablespoons olive oil
- 1 pound soup noodles
- 2 bell pepper red sliced

1 pound chicken breast halves boneless skinless cut into strips

Equipment

frying pan

sauce pan

pot

Directions

In a large skillet over medium heat, warm olive oil and add chicken; saute until it begins to turn golden brown.

Add red bell peppers and cook until they become limp; cover and simmer.

In a medium saucepan over high heat, combine milk, butter, cheese and garlic; stir constantly for about 10 minutes to avoid burning. Sauce should now have a thickened sauce-like consistency; if not, add cornstarch in 1 teaspoon increments until desired consistency is reached.

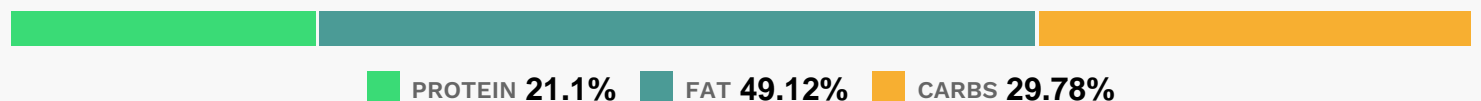
Meanwhile, bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Once the sauce is complete, combine it with the chicken and peppers mixture; add garlic powder to taste.

Pour sauce over hot pasta; serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:18.69, Inflammation Score:-9, Nutrition Score:24.660434868025%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 669.13kcal (33.46%), Fat: 36.39g (55.98%), Saturated Fat: 20.24g (126.48%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 47.17g (17.15%), Sugar: 6.35g (7.05%), Cholesterol: 128.54mg (42.85%), Sodium: 541.21mg (23.53%), Alcohol: 0g (100%), Protein: 35.16g (70.32%), Selenium: 63.66µg (90.94%), Phosphorus: 565.55mg (56.56%), Calcium: 502.62mg (50.26%), Vitamin C: 38.88mg (47.13%), Vitamin A: 1975.68IU (39.51%), Vitamin B3: 7.3mg (36.5%), Vitamin B6: 0.67mg (33.37%), Manganese: 0.58mg (28.85%), Vitamin B2: 0.39mg (22.76%), Vitamin B12: 1.3µg (21.67%), Zinc: 3.07mg (20.45%), Magnesium: 71.5mg (17.88%), Potassium: 572.6mg (16.36%), Vitamin B5: 1.5mg (15%), Vitamin E: 1.65mg (11.01%), Copper: 0.2mg (10.25%), Fiber: 2.47g (9.89%), Vitamin B1: 0.15mg (9.79%), Folate: 33.44µg (8.36%), Iron: 1.35mg (7.5%), Vitamin D: 1.07µg (7.12%), Vitamin K: 6.34µg (6.03%)