



## Cheesy Southwest Chicken Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 oz chilis diced green undrained canned
- 4 servings olives ripe sliced
- 1 cup pasta sauce (from 15-oz jar)
- 4 servings bell pepper diced red
- 6 oz rotini pasta uncooked
- 2 cups rotisserie chicken cut cubed
- 4 oz cheese shredded taco-flavored
- 4 servings tortilla chips

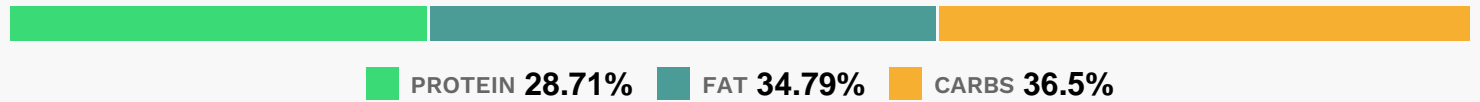
# Equipment

frying pan

# Directions

- In 12-inch skillet, heat 3 cups water to boiling; add pasta. Cook 8 to 9 minutes or until pasta is tender; drain and return to skillet.
- Add chicken, sauce and chiles; heat to boiling, stirring occasionally.
- Sprinkle with cheese. Cover; let stand 3 to 5 minutes or until cheese is melted.
- Sprinkle with bell pepper, olives and tortilla chips.

# Nutrition Facts



# Properties

Glycemic Index:36.5, Glycemic Load:14.92, Inflammation Score:-9, Nutrition Score:22.675217452257%

# Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

# Nutrients (% of daily need)

Calories: 662.4kcal (33.12%), Fat: 25.99g (39.99%), Saturated Fat: 7.68g (48.03%), Carbohydrates: 61.36g (20.45%), Net Carbohydrates: 54.8g (19.93%), Sugar: 7.08g (7.87%), Cholesterol: 135.96mg (45.32%), Sodium: 1414.54mg (61.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.51%), Vitamin C: 110.56mg (134.01%), Vitamin A: 2909.08IU (58.18%), Selenium: 33.64µg (48.06%), Phosphorus: 283.94mg (28.39%), Manganese: 0.55mg (27.37%), Fiber: 6.56g (26.23%), Vitamin E: 3.91mg (26.07%), Vitamin B6: 0.44mg (22.11%), Calcium: 217.45mg (21.74%), Magnesium: 73.33mg (18.33%), Folate: 70.6µg (17.65%), Potassium: 550.88mg (15.74%), Zinc: 2.17mg (14.48%), Vitamin B2: 0.24mg (14.09%), Iron: 2.53mg (14.08%), Copper: 0.26mg (13.01%), Vitamin B3: 2.57mg (12.85%), Vitamin K: 12.19µg (11.61%), Vitamin B12: 0.65µg (10.77%), Vitamin B5: 1.01mg (10.12%), Vitamin B1: 0.15mg (9.89%)