



Cheesy Southwest Chicken Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis diced green undrained old el paso® canned
- 4 servings olives ripe sliced
- 4 servings bell pepper diced red
- 2 cups rotini pasta uncooked
- 2 cups rotisserie chicken cut cubed
- 4 oz cheese shredded taco-flavored
- 4 servings tortilla chips

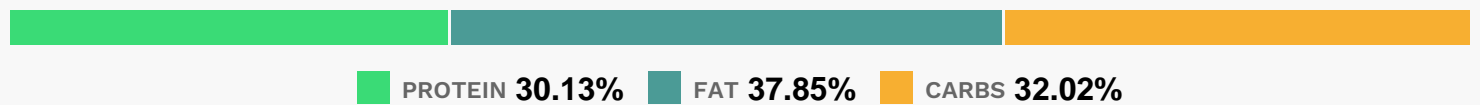
Equipment

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, cooking 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:25.25, Glycemic Load:10.11, Inflammation Score:-9, Nutrition Score:19.083478378213%

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: 601.24kcal (30.06%), Fat: 25.62g (39.41%), Saturated Fat: 7.62g (47.65%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 43.51g (15.82%), Sugar: 4.57g (5.08%), Cholesterol: 135.96mg (45.32%), Sodium: 1123.47mg (48.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.78%), Vitamin C: 106.27mg (128.81%), Vitamin A: 2643.86IU (52.88%), Selenium: 25.36µg (36.23%), Phosphorus: 243.74mg (24.37%), Fiber: 5.24g (20.95%), Calcium: 206.24mg (20.62%), Vitamin E: 3.01mg (20.1%), Manganese: 0.37mg (18.35%), Vitamin B6: 0.36mg (18.22%), Folate: 62.84µg (15.71%), Magnesium: 57.51mg (14.38%), Zinc: 1.86mg (12.4%), Vitamin B2: 0.19mg (11.3%), Vitamin B12: 0.65µg (10.77%), Vitamin K: 10.46µg (9.97%), Iron: 1.78mg (9.9%), Potassium: 341.04mg (9.74%), Vitamin B3: 1.75mg (8.75%), Vitamin B1: 0.12mg (8.15%), Vitamin B5: 0.77mg (7.69%), Copper: 0.15mg (7.68%)