



Cheesy Southwest Chicken Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles diced green undrained old el paso® canned
- ☐ 2 cups rotini pasta
- ☐ 2 cups deli rotisserie chicken cubed
- ☐ 1 cup cheese shredded taco-flavored

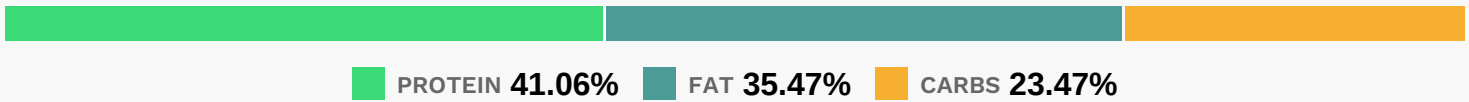
Equipment

- ☐ 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:17.25, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:7.3513044352117%

Nutrients (% of daily need)

Calories: 419.66kcal (20.98%), Fat: 16.46g (25.33%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 23g (8.36%), Sugar: 1.1g (1.23%), Cholesterol: 135.68mg (45.23%), Sodium: 714.46mg (31.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.88g (85.76%), Selenium: 23.82µg (34.02%), Phosphorus: 159.33mg (15.93%), Calcium: 159.18mg (15.92%), Manganese: 0.28mg (14.17%), Vitamin C: 10.91mg (13.22%), Vitamin B12: 0.64µg (10.64%), Zinc: 1.27mg (8.46%), Vitamin B2: 0.11mg (6.28%), Folate: 24.58µg (6.15%), Fiber: 1.5g (6.01%), Magnesium: 22.78mg (5.69%), Iron: 0.94mg (5.21%), Vitamin A: 229.47IU (4.59%), Vitamin B6: 0.09mg (4.56%), Copper: 0.09mg (4.49%), Vitamin B3: 0.74mg (3.7%), Potassium: 124.22mg (3.55%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.2mg (1.96%)