



Chicken and Pasta in a Mango Cream Sauce

READY IN



50 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon ginger fresh minced
- ☐ 4 sprigs parsley fresh for garnish
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green cut into thin strips
- ☐ 1 cup heavy cream
- ☐ 1 mangos peeled seeded chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1 onion separated sliced
- ☐ 1 tablespoon parmesan cheese grated

- ☐ 8 ounces rigatoni pasta uncooked
- ☐ 4 servings salt and pepper to taste
- ☐ 2 chicken breast halves boneless skinless cubed

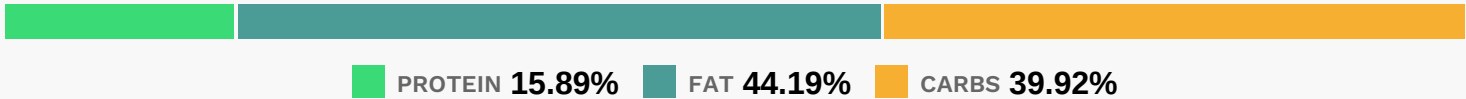
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rigatoni pasta, cook for 8 minutes, until almost done, and drain.
- ☐ Heat 1/2 the olive oil in a large skillet over medium heat.
- ☐ Place chicken in the skillet, and cook 10 minutes, or until juices run clear.
- ☐ Remove from heat, and set aside.
- ☐ Heat the remaining olive oil in the skillet, and cook the onion and green pepper until tender.
- ☐ Mix in the garlic, ginger, and mango, and continue to cook and stir 5 minutes, or until mango is soft. Gradually mix the heavy cream into the skillet, and cook 5 minutes, until thickened.
- ☐ Return the chicken to the skillet. Stir in the partially cooked pasta, and season with salt and pepper. Cook and stir 2 minutes, until ingredients are well blended and pasta is al dente.
- ☐ Mix in the cheese.
- ☐ Garnish with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:21.49, Inflammation Score:-9, Nutrition Score:21.422174267147%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 565.38kcal (28.27%), Fat: 27.95g (42.99%), Saturated Fat: 14.92g (93.25%), Carbohydrates: 56.79g (18.93%), Net Carbohydrates: 53.08g (19.3%), Sugar: 12.26g (13.62%), Cholesterol: 104.48mg (34.83%), Sodium: 304.26mg (13.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.23%), Selenium: 56.91µg (81.3%), Vitamin C: 47.88mg (58.04%), Vitamin B3: 7.45mg (37.25%), Vitamin B6: 0.72mg (35.82%), Manganese: 0.68mg (33.77%), Vitamin A: 1657.42IU (33.15%), Phosphorus: 293.61mg (29.36%), Vitamin K: 25.13µg (23.93%), Potassium: 590.18mg (16.86%), Magnesium: 61.53mg (15.38%), Fiber: 3.71g (14.82%), Vitamin B2: 0.25mg (14.46%), Copper: 0.28mg (14.17%), Vitamin B5: 1.39mg (13.89%), Vitamin E: 1.82mg (12.13%), Folate: 47.02µg (11.75%), Zinc: 1.5mg (9.97%), Vitamin B1: 0.15mg (9.93%), Calcium: 85.73mg (8.57%), Iron: 1.38mg (7.65%), Vitamin D: 1.01µg (6.76%), Vitamin B12: 0.23µg (3.75%)