



## Chicken Murphy II

READY IN



45 min.

SERVINGS



4

CALORIES



1225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 medium baking potatoes cubed peeled
- 2 tablespoons cornstarch
- 1.5 cups cooking wine dry white
- 0.5 cup flour all-purpose
- 3 cloves garlic chopped
- 1 bell pepper diced green seeded
- 1 pound sausage italian hot
- 12 ounce jalapeño peppers sliced
- 3 tablespoons olive oil

- 0.3 cup parmesan cheese freshly grated
- 0.5 large onion diced red
- 12 ounce rotini pasta
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless cut into 1 inch cubes

## Equipment

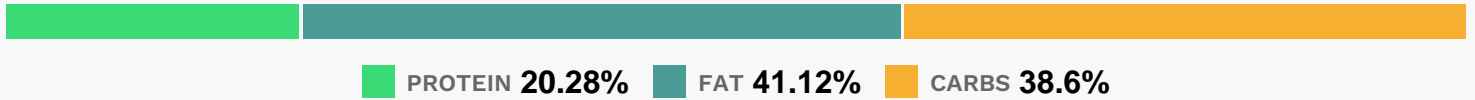
- bowl
- frying pan
- sauce pan
- pot
- grill

## Directions

- Mix together the flour, salt and pepper in a medium bowl. Dredge the cubed chicken breast in the flour to coat.
- Heat olive oil in a large skillet over medium-high heat. Fry the chicken cubes until browned on the outside.
- Remove chicken, and set aside.
- In a separate pan, or indoor grill, fry the Italian sausage links until cooked through.
- Cut into 1/4 inch slices.
- Place potatoes into a saucepan with enough water to cover. Bring to a boil, and cook until fork tender, but not mushy, about 15 minutes.
- Drain and set aside.
- Heat the skillet from cooking the chicken over medium heat.
- Add more oil if necessary.
- Saute onion and bell pepper until soft. Stir in garlic, and cook for about 1 minute.
- Pour in the whole jar of jalapenos, and the wine. Scrape any bits of food from the bottom of the pan, and bring to a simmer. Return the chicken to the pan, and add the sliced sausage and potatoes. Simmer for 5 minutes.

- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 8 to 10 minutes, or until tender.
- Drain.
- Mix cornstarch with a small amount of water, and stir into the skillet with the sauce. Cook over medium heat, stirring occasionally, until thick enough to coat the pasta.
- Serve sauce over pasta with freshly grated Parmesan cheese.

## Nutrition Facts



### Properties

Glycemic Index:85.94, Glycemic Load:51.44, Inflammation Score:-9, Nutrition Score:45.000435163145%

### Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

### Nutrients (% of daily need)

Calories: 1225.36kcal (61.27%), Fat: 52.62g (80.95%), Saturated Fat: 16.23g (101.43%), Carbohydrates: 111.11g (37.04%), Net Carbohydrates: 103.38g (37.59%), Sugar: 8.67g (9.63%), Cholesterol: 163.94mg (54.65%), Sodium: 1283.37mg (55.8%), Alcohol: 9.27g (100%), Alcohol %: 1.74% (100%), Protein: 58.38g (116.76%), Selenium: 126.87µg (181.25%), Vitamin C: 136.2mg (165.09%), Vitamin B6: 2.2mg (109.95%), Vitamin B3: 20.31mg (101.54%), Phosphorus: 726.35mg (72.64%), Vitamin B1: 1.07mg (71.4%), Manganese: 1.42mg (71.19%), Potassium: 1723.22mg (49.23%), Magnesium: 147.25mg (36.81%), Vitamin B2: 0.58mg (33.88%), Vitamin E: 5.03mg (33.54%), Vitamin B5: 3.33mg (33.33%), Zinc: 4.89mg (32.61%), Fiber: 7.73g (30.93%), Iron: 5.23mg (29.08%), Copper: 0.58mg (28.92%), Vitamin K: 27.09µg (25.8%), Folate: 102.3µg (25.57%), Vitamin B12: 1.34µg (22.37%), Vitamin A: 1116.4IU (22.33%), Calcium: 144.18mg (14.42%)