



Chicken-Pepper Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



956 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 tablespoon tarragon fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup half and half
- ☐ 1 onion chopped
- ☐ 1 and orange peppers chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper red chopped

- ☐ 7 oz vermicelli cooked
- ☐ 0.8 teaspoon salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 3 pounds chicken breast boneless skinless cut into strips
- ☐ 1 bell pepper yellow chopped

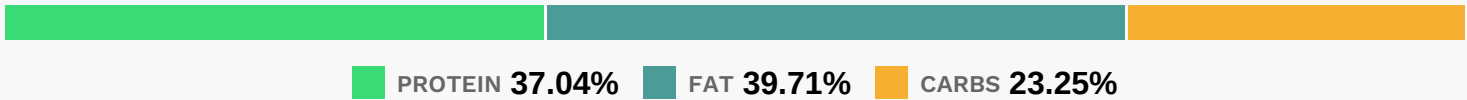
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Melt butter in a skillet until sizzling; stir in onion, peppers and garlic. Cook over medium-high heat 2 to 3 minutes or until peppers are crisp-tender.
- ☐ Remove vegetables from skillet with a slotted spoon and set aside.
- ☐ Add chicken, tarragon, salt and pepper to skillet. Continue cooking, stirring occasionally, 7 to 9 minutes or until chicken is golden and tender.
- ☐ Add vegetables, half-and-half and cheeses to chicken mixture. Reduce heat to medium; continue cooking 3 to 5 minutes or until cheese is melted.
- ☐ Add vermicelli; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:25.59, Inflammation Score:-10, Nutrition Score:41.655217243278%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 956.14kcal (47.81%), Fat: 41.5g (63.84%), Saturated Fat: 21.7g (135.62%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 51.71g (18.8%), Sugar: 5.86g (6.51%), Cholesterol: 311.75mg (103.92%), Sodium: 1483.28mg (64.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.08g (174.17%), Vitamin B3: 36.73mg (183.66%), Selenium: 127.63µg (182.33%), Vitamin C: 138.39mg (167.74%), Vitamin B6: 2.91mg (145.36%), Phosphorus: 1054.24mg (105.42%), Vitamin A: 3082.13IU (61.64%), Vitamin B5: 5.39mg (53.86%), Potassium: 1669.19mg (47.69%), Vitamin B2: 0.66mg (38.59%), Calcium: 367.31mg (36.73%), Magnesium: 129.28mg (32.32%), Manganese: 0.62mg (31.18%), Zinc: 4.22mg (28.14%), Vitamin B12: 1.61µg (26.82%), Vitamin B1: 0.32mg (21.25%), Folate: 64.97µg (16.24%), Iron: 2.86mg (15.87%), Vitamin E: 2.31mg (15.41%), Fiber: 2.96g (11.82%), Copper: 0.21mg (10.57%), Vitamin K: 6.84µg (6.51%), Vitamin D: 0.51µg (3.43%)