



Chicken Picante Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounce chiles green chopped canned
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 8 ounces penne pasta cooked
- ☐ 3 small green onions chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 cup cream cheese light softened
- ☐ 1 cup picante sauce
- ☐ 0.5 cup cup heavy whipping cream light sour

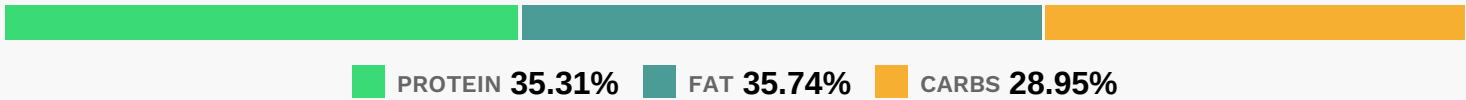
Equipment

☐ bowl

Directions

- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Add chopped chicken and remaining ingredients, tossing gently to coat.
- ☐ Serve pasta chilled or heated.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:5.37, Inflammation Score:-5, Nutrition Score:11.345217318639%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 260.54kcal (13.03%), Fat: 10.24g (15.76%), Saturated Fat: 4.43g (27.72%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.81g (6.11%), Sugar: 3.13g (3.48%), Cholesterol: 70.01mg (23.34%), Sodium: 500.42mg (21.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Selenium: 29.06µg (41.51%), Vitamin B3: 6.33mg (31.64%), Phosphorus: 217.62mg (21.76%), Vitamin B6: 0.42mg (20.96%), Potassium: 408.51mg (11.67%), Vitamin B2: 0.19mg (11.31%), Iron: 1.9mg (10.58%), Zinc: 1.58mg (10.56%), Vitamin B5: 1mg (9.97%), Vitamin C: 7.94mg (9.62%), Manganese: 0.19mg (9.58%), Vitamin A: 459.76IU (9.2%), Calcium: 89.18mg (8.92%), Magnesium: 33.08mg (8.27%), Vitamin B12: 0.47µg (7.79%), Fiber: 1.86g (7.42%), Vitamin K: 7.32µg (6.97%), Folate: 25.6µg (6.4%), Copper: 0.12mg (5.91%), Vitamin B1: 0.09mg (5.71%), Vitamin E: 0.68mg (4.53%)