



Chicken Riggies

READY IN



54 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup anaheim chili seeded thinly sliced (1 large chile)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes unsalted whole peeled undrained chopped canned
- ☐ 1 pound chicken tenderloins boneless skinless cut into 1-inch pieces
- ☐ 8 ounce crimini mushrooms sliced
- ☐ 0.3 cup sherry dry
- ☐ 4 garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided

- ☐ 1.5 cups onion diced (1 large)
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.3 cup cherries diced hot seeded finely (2 peppers)
- ☐ 2 bell pepper red
- ☐ 1 pound rigatoni uncooked
- ☐ 0.5 cup whipping cream

Equipment

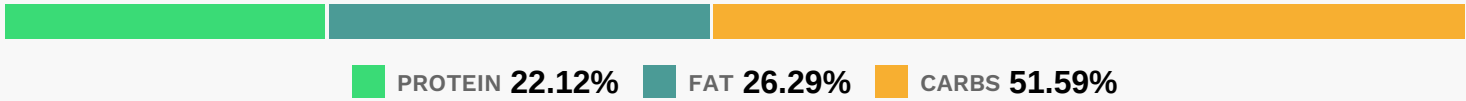
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a heavy-duty zip-top plastic bag; seal bag.
- ☐ Let stand 10 minutes. Peel and cut into strips.
- ☐ Heat a 6-quart Dutch oven over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add chicken to pan; cook 6 minutes, turning to brown on all sides.
- ☐ Remove chicken from pan.
- ☐ Add 1 tablespoon olive oil to pan.
- ☐ Add onion and next 4 ingredients (through garlic). Cook over medium heat 4 minutes or until vegetables are tender, stirring occasionally.

- ☐
- Add sherry to pan; cook until liquid evaporates, scraping pan to loosen browned bits. Stir in tomatoes, salt, and pepper. Bring to a boil; reduce heat and simmer, uncovered, 20 minutes, stirring occasionally. While sauce simmers, cook pasta according to package directions, omitting salt and fat; drain.
- ☐
- Add roasted bell pepper, chicken, and, if desired, olives to tomato mixture. Bring to a simmer. Stir in cream; cook 2 minutes or just until thoroughly heated, stirring occasionally.
- ☐
- Add pasta, tossing well.
- ☐
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:20.42, Inflammation Score:0, Nutrition Score:26.222608701043%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 461.41kcal (23.07%), Fat: 13.47g (20.72%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 53.34g (19.39%), Sugar: 11g (12.23%), Cholesterol: 57.92mg (19.31%), Sodium: 711.68mg (30.94%), Alcohol: 0.77g (100%), Alcohol %: 0.26% (100%), Protein: 25.51g (51.01%), Selenium: 64.39µg (91.99%), Vitamin C: 54.52mg (66.08%), Vitamin B3: 9.55mg (47.74%), Manganese: 0.88mg (43.87%), Vitamin B6: 0.84mg (42.21%), Phosphorus: 371mg (37.1%), Vitamin A: 1440.01IU (28.8%), Copper: 0.53mg (26.62%), Potassium: 903.85mg (25.82%), Fiber: 6.13g (24.54%), Vitamin B2: 0.37mg (21.8%), Magnesium: 79.74mg (19.93%), Vitamin B5: 1.98mg (19.77%), Vitamin E: 2.55mg (17.01%), Calcium: 161.01mg (16.1%), Vitamin B1: 0.23mg (15.26%), Iron: 2.71mg (15.05%), Zinc: 2.1mg (13.97%), Folate: 53.25µg (13.31%), Vitamin K: 10.06µg (9.58%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.36µg (2.39%)