



Chicken Rotini Stovetop Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter
- 0.5 teaspoon basil leaves dried
- 0.5 teaspoon chives fresh chopped
- 0.5 teaspoon parsley fresh chopped
- 0.5 bell pepper green chopped
- 2 cups half-and-half cream
- 0.5 teaspoon oregano dried
- 0.7 cup parmesan cheese freshly grated
- 0.5 bell pepper red chopped

- 12 ounce rotini pasta
- 4 chicken breast halves boneless skinless cubed

Equipment

- frying pan
- sauce pan
- whisk
- pot
- casserole dish

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.
- Combine half-and-half and butter in a saucepan over medium heat. Boil gently, stirring, until mixture has reduced to 1 1/2 to 1 2/3 cups.
- Remove pan from heat; whisk in cheese, basil, oregano, chives, and parsley. Cover, and set aside.
- Saute chicken in a large skillet until lightly browned on both sides. Stir in green and red bell pepper, and cook until vegetables are tender, and chicken is no longer pink in the middle.
- In a casserole dish, combine the hot cooked pasta, chicken mixture, and sauce.
- Mix well, and serve immediately.

Nutrition Facts



PROTEIN 20.15% **FAT 46.88%** **CARBS 32.97%**

Properties

Glycemic Index:36, Glycemic Load:17.18, Inflammation Score:-8, Nutrition Score:20.413912861244%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,

Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg
Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 589.54kcal (29.48%), Fat: 30.59g (47.07%), Saturated Fat: 17.72g (110.73%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 46.12g (16.77%), Sugar: 5.53g (6.14%), Cholesterol: 126.78mg (42.26%), Sodium: 456.88mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.16%), Selenium: 66.62µg (95.17%), Vitamin B3: 9.08mg (45.41%), Phosphorus: 422.07mg (42.21%), Vitamin B6: 0.75mg (37.44%), Manganese: 0.58mg (29.07%), Vitamin C: 22.36mg (27.1%), Vitamin A: 1231.97IU (24.64%), Calcium: 211.05mg (21.11%), Vitamin B2: 0.32mg (19.05%), Potassium: 579.5mg (16.56%), Vitamin B5: 1.65mg (16.52%), Magnesium: 65.23mg (16.31%), Zinc: 2.1mg (13.99%), Copper: 0.21mg (10.35%), Vitamin B1: 0.14mg (9.26%), Fiber: 2.3g (9.18%), Vitamin B12: 0.49µg (8.1%), Vitamin E: 1.14mg (7.57%), Iron: 1.32mg (7.36%), Vitamin K: 6.77µg (6.45%), Folate: 23.18µg (5.8%)