



## Chicken Stew and Mexican Cheese Alfredo

READY IN



30 min.

SERVINGS



1

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 teaspoons butter
- 0.5 cup chicken stew prepared
- 2 teaspoons flour all-purpose
- 2 teaspoons garlic minced
- 2 teaspoons onion minced
- 2 teaspoons oregano dried
- 1 serving salt to taste
- 1 tablespoon mexican blend cheese shredded divided
- 2 ounces pasta like spaghetti

2 cups water

## Equipment

frying pan

sauce pan

## Directions

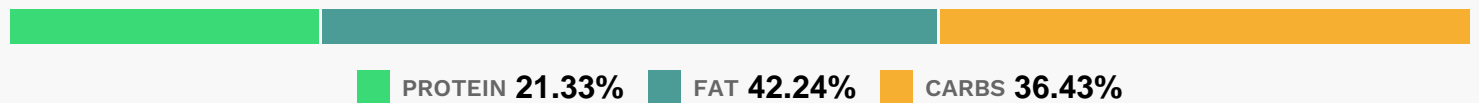
Bring water and salt to a boil in a saucepan. Cook spaghetti at a boil until cooked through but firm to the bite, about 12 minutes; drain.

Melt butter in a skillet over medium heat. Stir flour into the melted butter; add chicken stew, garlic, onion, and oregano. Cook and stir the chicken stew mixture until thickened, 5 to 7 minutes.

Melt 2 1/2 teaspoons cheese into the chicken mixture.

Add spaghetti and toss to combine. Top with remaining cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:229, Glycemic Load:19.93, Inflammation Score:-10, Nutrition Score:19.062608718872%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 559.29kcal (27.96%), Fat: 26.18g (40.27%), Saturated Fat: 14.29g (89.33%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 46.96g (17.08%), Sugar: 2.11g (2.35%), Cholesterol: 109.55mg (36.52%), Sodium: 493.97mg (21.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.49%), Selenium: 57.88µg (82.69%), Manganese: 0.87mg (43.4%), Vitamin B3: 6.97mg (34.87%), Phosphorus: 331.71mg (33.17%), Vitamin K: 26.82µg (25.55%), Vitamin B6: 0.5mg (24.99%), Calcium: 213.13mg (21.31%), Iron: 3.44mg (19.14%), Zinc: 2.59mg (17.24%), Magnesium: 67.16mg (16.79%), Copper: 0.33mg (16.69%), Fiber: 3.82g (15.27%), Vitamin B2: 0.24mg (14.08%), Vitamin A: 694.6IU (13.89%), Potassium: 388.73mg (11.11%), Vitamin B5: 1.08mg (10.79%), Vitamin B1: 0.15mg (10.08%), Vitamin E: 1.3mg (8.68%), Folate: 33.97µg (8.49%), Vitamin B12: 0.42µg (6.98%), Vitamin C:

2.26mg (2.74%)