



Creamy Buffalo Chicken Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



634 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb chicken breast
- 1 teaspoon paprika
- 0.5 teaspoon garlic powder
- 1 serving hot sauce
- 1 cup celery chopped
- 0.5 cup onion red sliced
- 1 cup mayonnaise
- 0.5 cup cheese dressing blue
- 0.8 cup milk

1 serving soup noodles

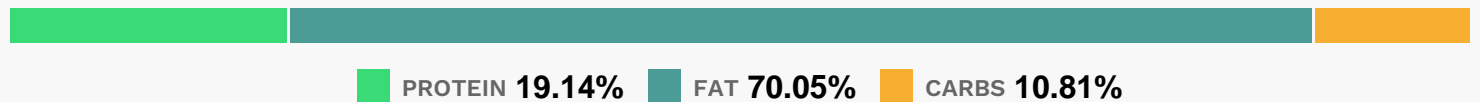
Equipment

frying pan

Directions

- Cut chicken breast into bite-size pieces and sprinkle with paprika, garlic powder, salt and pepper.
- Saute chicken until cooked.
- Add hot sauce to your liking.
- Remove chicken from skillet.
- Saute vegetables.
- Combine mayo, dressing and milk.
- Add to skillet.
- Add chicken and heat through.
- Serve with pasta of your choice.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:5.72, Inflammation Score:-6, Nutrition Score:21.146087065987%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 633.97kcal (31.7%), Fat: 48.84g (75.13%), Saturated Fat: 8.91g (55.66%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 15.56g (5.66%), Sugar: 5g (5.56%), Cholesterol: 101.89mg (33.96%), Sodium: 815.16mg

(35.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.05%), Vitamin K: 101.19µg (96.37%), Selenium: 48.1µg (68.72%), Vitamin B3: 12.29mg (61.43%), Vitamin B6: 0.97mg (48.37%), Phosphorus: 362.97mg (36.3%), Vitamin B5: 2.05mg (20.45%), Potassium: 642.91mg (18.37%), Vitamin E: 2.39mg (15.92%), Vitamin B2: 0.25mg (14.86%), Magnesium: 51.05mg (12.76%), Calcium: 112.76mg (11.28%), Manganese: 0.21mg (10.73%), Vitamin B12: 0.61µg (10.19%), Vitamin A: 505.54IU (10.11%), Vitamin B1: 0.14mg (9.35%), Zinc: 1.3mg (8.69%), Iron: 1.09mg (6.07%), Folate: 24.09µg (6.02%), Fiber: 1.4g (5.6%), Copper: 0.11mg (5.37%), Vitamin D: 0.73µg (4.86%), Vitamin C: 3.74mg (4.54%)