



Creamy Chicken and Rigatoni

READY IN



30 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 2 cloves garlic finely chopped
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons oregano dried
- ☐ 29 ounces tomatoes diced organic drained well canned
- ☐ 2 cups whipping cream (heavy)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 8 ounces rigatoni
- ☐ 16 ounces bell pepper red frozen thawed drained well
- ☐ 1 serving parmesan shredded

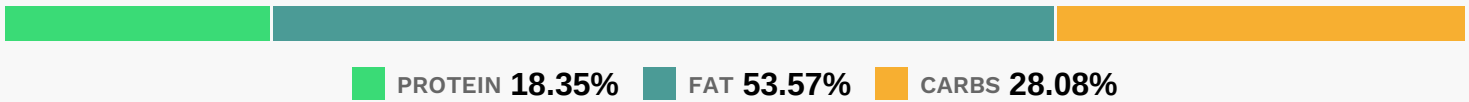
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in Dutch oven over medium-high heat. Cook chicken, garlic, basil and oregano in oil about 5 minutes, stirring frequently, until chicken is no longer pink in center.
- ☐ Stir in tomatoes, whipping cream, salt, pepper and red pepper.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 10 minutes or until slightly thickened.
- ☐ Cook and drain rigatoni as directed on package. Stir rigatoni and vegetables into chicken mixture; cook until hot.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:10.4, Inflammation Score:-10, Nutrition Score:23.895652190499%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 438.62kcal (21.93%), Fat: 26.47g (40.72%), Saturated Fat: 15.04g (94%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.52g (10.01%), Sugar: 7.65g (8.5%), Cholesterol: 106.07mg (35.36%), Sodium: 296.85mg

(12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin C: 87.99mg (106.65%), Vitamin A: 3589.37IU (71.79%), Selenium: 38.89µg (55.56%), Vitamin B3: 7.66mg (38.28%), Vitamin B6: 0.76mg (37.81%), Phosphorus: 275.54mg (27.55%), Manganese: 0.53mg (26.5%), Vitamin K: 23.8µg (22.66%), Potassium: 715.01mg (20.43%), Vitamin E: 2.42mg (16.15%), Vitamin B2: 0.27mg (16.06%), Fiber: 3.7g (14.81%), Magnesium: 57.32mg (14.33%), Vitamin B5: 1.38mg (13.83%), Folate: 53.58µg (13.39%), Calcium: 122.38mg (12.24%), Vitamin B1: 0.15mg (9.78%), Copper: 0.19mg (9.4%), Iron: 1.63mg (9.05%), Zinc: 1.33mg (8.9%), Vitamin D: 1.03µg (6.85%), Vitamin B12: 0.25µg (4.23%)