



Creamy Chicken Fajita Pasta

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



692 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium chicken breasts shredded cooked (I used a rotisserie chicken)
- ☐ 8 ounces cream cheese softened beaten
- ☐ 1 packet ranch dressing mix dry
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 teaspoon kosher salt and pepper to taste
- ☐ 2 cups milk
- ☐ 1 pound soup noodles dry
- ☐ 2 cups fajita vegetables chopped (onions and colorful peppers, usually comes pre-chopped in the produce area of your grocery store)

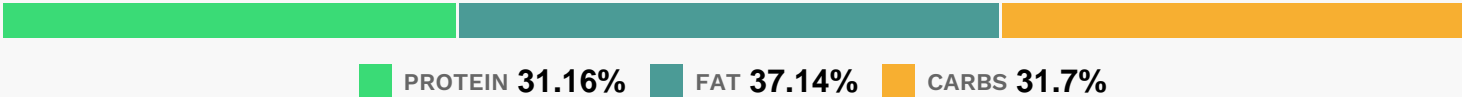
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions.
- ☐ Heat milk and Ranch seasoning in a large dutch oven or pan over medium-low heat stirring frequently, for about 5 minutes or until hot.Slowly stir in whipped cream cheese into milk until melted and combined. Stir in cooked pasta.
- ☐ Heat oil into a medium skillet over medium heat.
- ☐ Saute fajita vegetables for 5 minutes or until softened. Stir into pasta along with your cooked shredded chicken.
- ☐ Heat and stir for a few minutes until hot. Season with a touch of salt and pepper to taste.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:20.46, Inflammation Score:-9, Nutrition Score:13.998260902322%

Nutrients (% of daily need)

Calories: 691.97kcal (34.6%), Fat: 28.55g (43.93%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 51.21g (18.62%), Sugar: 5.54g (6.15%), Cholesterol: 179.95mg (59.98%), Sodium: 992.73mg (43.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.9g (107.81%), Selenium: 39.61µg (56.59%), Vitamin A: 2790.04IU (55.8%), Manganese: 0.64mg (31.83%), Phosphorus: 225.95mg (22.6%), Fiber: 3.63g (14.54%), Vitamin B2: 0.22mg (13.06%), Magnesium: 50.84mg (12.71%), Calcium: 125.89mg (12.59%), Copper: 0.21mg (10.6%), Potassium: 351.87mg (10.05%), Vitamin B1: 0.15mg (9.81%), Zinc: 1.4mg (9.31%), Vitamin B6: 0.18mg (8.86%), Vitamin B3: 1.62mg (8.12%), Vitamin B5: 0.71mg (7.08%), Iron: 1.22mg (6.78%), Vitamin B12: 0.39µg (6.53%), Folate: 25.95µg (6.49%), Vitamin C: 4.73mg (5.74%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.67µg (4.47%), Vitamin K: 2.94µg (2.8%)