



Creamy Fusilli with Mushrooms and Chicken

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

795 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 12 chicken fingers cooked cut into 1-inch pieces
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound fusilli
- ☐ 1 cup havarti cheese grated
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.5 cup milk
- ☐ 12 ounces mushrooms sliced (any variety)

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup cooking sherry

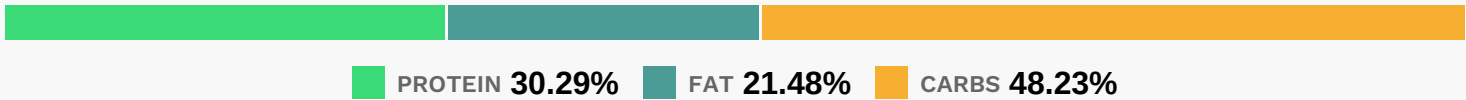
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook fusilli according to package directions.
- ☐ Meanwhile, heat oil in a large skillet over medium-high heat.
- ☐ Add mushrooms and saute 3 to 5 minutes, until mushrooms soften.
- ☐ Add chicken and thyme and cook 1 minute.
- ☐ Add sherry and cook 1 minute.
- ☐ Add chicken broth and bring to a simmer.
- ☐ Whisk together flour and milk and add to chicken mixture. Simmer 2 to 3 minutes, until sauce thickens.
- ☐ Remove from heat, add cheese and stir until cheese melts.
- ☐ Add fusilli and toss to combine. Fold in black olives.
- ☐ Serve green beans on the side.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:37.32, Inflammation Score:-8, Nutrition Score:33.756086805592%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

0.07mg, Luteolin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 795.21kcal (39.76%), Fat: 18.56g (28.56%), Saturated Fat: 7.28g (45.53%), Carbohydrates: 93.76g (31.25%), Net Carbohydrates: 88.72g (32.26%), Sugar: 6.47g (7.19%), Cholesterol: 124.52mg (41.51%), Sodium: 604.14mg (26.27%), Alcohol: 1.54g (100%), Alcohol %: 0.39% (100%), Protein: 58.9g (117.8%), Selenium: 131.96µg (188.51%), Vitamin B3: 21.79mg (108.94%), Phosphorus: 808.4mg (80.84%), Vitamin B6: 1.44mg (71.85%), Manganese: 1.18mg (59.15%), Vitamin B2: 0.74mg (43.27%), Vitamin B5: 4.14mg (41.35%), Copper: 0.71mg (35.75%), Potassium: 1215.22mg (34.72%), Magnesium: 122.72mg (30.68%), Zinc: 4.29mg (28.6%), Calcium: 257.73mg (25.77%), Vitamin B1: 0.33mg (22.13%), Fiber: 5.04g (20.18%), Iron: 3.21mg (17.85%), Folate: 65.85µg (16.46%), Vitamin B12: 0.95µg (15.79%), Vitamin E: 1.36mg (9.09%), Vitamin A: 372.14IU (7.44%), Vitamin K: 6.22µg (5.93%), Vitamin D: 0.73µg (4.87%), Vitamin C: 3.85mg (4.67%)