



Creamy One-Pot Linguine with Chicken, Corn and Green Chiles

READY IN



40 min.

SERVINGS



4

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 cups water
- 0.3 cup onion chopped
- 1 clove garlic
- 1 cup corn whole frozen
- 4 oz chilis green chopped canned
- 8 oz pasta uncooked
- 2 cups rotisserie chicken cut shredded
- 0.3 cup parmesan cheese grated

- 0.3 cup whipping cream
- 1 serving spring onion sliced

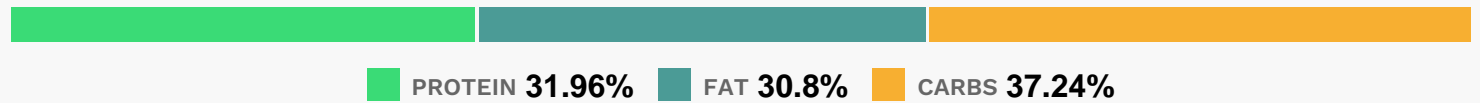
Equipment

- frying pan

Directions

- In deep 12-inch skillet with lid, combine water, onion, garlic, corn, green chiles and linguine.
- Heat to boiling over high heat, stirring to make sure linguine does not stick together. Reduce heat to simmer; cover and cook 20 minutes, stirring occasionally.
- Once most of liquid has evaporated or been absorbed, stir in chicken, cheese and cream. Cook 5 minutes longer or until mixture is creamy and chicken is thoroughly heated.
- Serve with a sprinkle of green onions.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:17.32, Inflammation Score:-4, Nutrition Score:10.469999904218%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 552.97kcal (27.65%), Fat: 18.85g (29.01%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 51.29g (17.1%), Net Carbohydrates: 48.77g (17.73%), Sugar: 2.44g (2.71%), Cholesterol: 137.62mg (45.87%), Sodium: 745.57mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.02g (88.04%), Selenium: 39.45µg (56.35%), Manganese: 0.58mg (28.8%), Phosphorus: 191.72mg (19.17%), Vitamin C: 11.68mg (14.16%), Calcium: 115.52mg (11.55%), Copper: 0.21mg (10.58%), Magnesium: 42.23mg (10.56%), Folate: 40.37µg (10.09%), Fiber: 2.52g (10.08%), Zinc: 1.37mg (9.15%), Vitamin B6: 0.15mg (7.44%), Vitamin B3: 1.47mg (7.37%), Iron: 1.3mg (7.25%), Potassium: 253.19mg (7.23%), Vitamin A: 341.69IU (6.83%), Vitamin B2: 0.11mg (6.45%), Vitamin B1: 0.07mg (4.78%), Vitamin K: 3.83µg (3.65%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.28µg (1.86%), Vitamin E: 0.25mg (1.68%)