



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

READY IN



40 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- 2.5 cups water
- 0.3 cup whipping cream

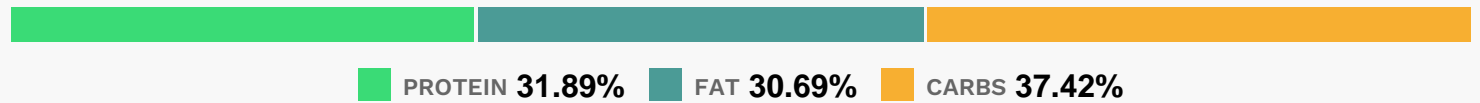
Equipment

- 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:17.39, Inflammation Score:-5, Nutrition Score:11.264782542768%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 555.16kcal (27.76%), Fat: 18.87g (29.03%), Saturated Fat: 7.53g (47.09%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 49.09g (17.85%), Sugar: 2.55g (2.83%), Cholesterol: 137.62mg (45.87%), Sodium: 760.35mg (33.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.13g (88.26%), Selenium: 39.48µg (56.41%), Manganese: 0.58mg (29.16%), Phosphorus: 193.77mg (19.38%), Vitamin C: 13.74mg (16.65%), Vitamin K: 13.15µg (12.52%), Calcium: 120.04mg (12%), Folate: 45.16µg (11.29%), Magnesium: 43.28mg (10.82%), Fiber: 2.7g (10.79%), Copper: 0.22mg (10.76%), Zinc: 1.39mg (9.29%), Iron: 1.42mg (7.88%), Vitamin A: 391.02IU (7.82%), Vitamin B6: 0.16mg (7.79%), Potassium: 269.61mg (7.7%), Vitamin B3: 1.52mg (7.6%), Vitamin B2: 0.11mg (6.72%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.28µg (1.86%), Vitamin E: 0.28mg (1.85%)