



## Elswet's Uber - Tangy Chicken Pepperoni

READY IN



80 min.

SERVINGS



4

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon basil
- 0.3 teaspoon pepper black
- 0.3 teaspoon ground pepper
- 0.3 cup celery finely chopped ()
- 1 lb chicken breast
- 2 ounces cream cheese
- 2 garlic clove minced
- 0.5 cup bell pepper green finely chopped ()
- 0.5 cup mushrooms minced

- 3 tablespoons olive oil
- 0.3 teaspoon oregano
- 0.5 cup parmesan cheese grated
- 3 ounces pepperoni (italian sliced cut into small pieces, 6 pieces per slice)
- 1 medium onion white finely chopped ( )
- 0.5 teaspoon pepper red crushed
- 1 teaspoon salt
- 1 teaspoon all the tabasco sauce you handle
- 28 ounces canned tomatoes crushed peeled
- 10 ounces grain pasta whole
- 0.3 cup flour whole all-purpose

## Equipment

- frying pan

## Directions

- Prepare pasta by instructions on box using salted water; rinse, drain and set aside.Over a medium heat, in a large skillet, saute celery, bell pepper, onion and mushroom in 1 tablespoon of the olive oil until onion is clear.
- Add pepper flakes, oregano, basil, garlic, black pepper and salt.Cook [stirring often] for another 5 minutes.
- Add cayenne pepper, Tabasco sauce, pepperoni and chicken; stir, cover and cook over medium heat until chicken pieces outsides are white.While chicken cooks, in another medium skillet, heat remaining 2 tablespoons olive oil, add the remaining garlic and mix very well.When oil is hot, SLOWLY stir in the flour, 1 tablespoon at a time mixing well until it is a thick paste.Stop adding the flour and remove from heat.
- Mix in 8 tablespoons of the tomatoes and blend very well, quickly, into a thick tomato paste.
- Add remaining tomatoes, stirring during addition and mix until thoroughly blended.Stir into cooked chicken mixture, add cream cheese and blend well.Return to heat and cook an additional 8 minutes to ensure thorough heating of the tomatoes and melting of the cream cheese.Either mix into cooked prepared pasta, or spoon over a bed of the pasta.Top with grated parmesan and serve hot.

# Nutrition Facts

PROTEIN 21.3% FAT 37.65% CARBS 41.05%

## Properties

Glycemic Index:106.63, Glycemic Load:37.4, Inflammation Score:-8, Nutrition Score:32.448260918908%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

## Nutrients (% of daily need)

Calories: 795.96kcal (39.8%), Fat: 33.85g (52.08%), Saturated Fat: 11.45g (71.53%), Carbohydrates: 83.02g (27.67%), Net Carbohydrates: 72.14g (26.23%), Sugar: 12.57g (13.96%), Cholesterol: 118.39mg (39.46%), Sodium: 1625.26mg (70.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.08g (86.17%), Vitamin B3: 16.34mg (81.71%), Selenium: 55.44µg (79.2%), Vitamin B6: 1.39mg (69.73%), Phosphorus: 483.87mg (48.39%), Manganese: 0.95mg (47.51%), Vitamin C: 38.39mg (46.54%), Fiber: 10.88g (43.52%), Potassium: 1273.86mg (36.4%), Vitamin E: 4.92mg (32.79%), Vitamin B5: 2.85mg (28.48%), Copper: 0.53mg (26.27%), Vitamin B2: 0.43mg (25.33%), Magnesium: 96.87mg (24.22%), Vitamin B1: 0.36mg (24.16%), Vitamin K: 23.71µg (22.58%), Iron: 4.02mg (22.35%), Calcium: 221.88mg (22.19%), Vitamin A: 988.68IU (19.77%), Zinc: 2.7mg (18%), Folate: 48.75µg (12.19%), Vitamin B12: 0.71µg (11.8%), Vitamin D: 0.48µg (3.18%)