



WHATSheATE



## Fajita Chicken Pasta

READY IN



35 min.

SERVINGS



10

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.8 pound chicken tenderloins boneless skinless cut into 2-inch pieces
- ☐ 1 pound farfalle pasta
- ☐ 1.5 cups half and half
- ☐ 2 tablespoons olive oil
- ☐ 3 small and orange peppers red yellow seeded cut into 1/4-by-2-inch strips
- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 10 servings salt and pepper
- ☐ 1 oz penzey's southwest seasoning

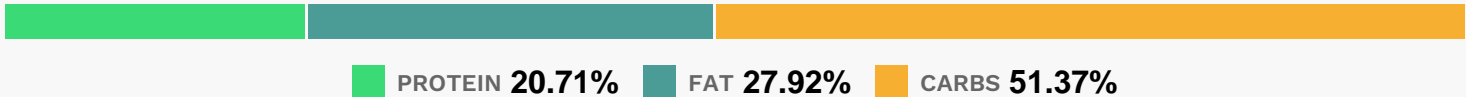
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a large pot of boiling, salted water, cook farfalle until al dente, about 10 minutes.
- ☐ Drain, reserving 1/2 cup cooking water, and return pasta to pot.
- ☐ In a large skillet, warm oil over medium heat. Rub seasoning on chicken.
- ☐ Add to skillet and cook 4 to 6 minutes, turning once, until cooked through.
- ☐ Remove to a plate; cover.
- ☐ Cook bell peppers in skillet, stirring, until just tender, 8 minutes.
- ☐ Add chicken, pour in half-and-half and stir to scrape up browned bits. Cook 3 minutes, stirring, until thickened. Stir in Parmesan and cook 30 seconds. Season with salt and pepper.
- ☐ Toss chicken mixture with pasta.
- ☐ Add some pasta water if mixture seems dry.
- ☐ Serve with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:10.6, Glycemic Load:13.95, Inflammation Score:-7, Nutrition Score:15.155652225018%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 302.45kcal (15.12%), Fat: 9.37g (14.42%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 35.68g (12.97%), Sugar: 3.78g (4.2%), Cholesterol: 36.18mg (12.06%), Sodium: 299.82mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Selenium: 41.43µg (59.18%), Vitamin

C: 29.22mg (35.41%), Manganese: 0.59mg (29.44%), Vitamin B3: 4.71mg (23.57%), Phosphorus: 218.97mg (21.9%), Vitamin B6: 0.43mg (21.69%), Vitamin K: 21.03µg (20.02%), Vitamin A: 901.54IU (18.03%), Calcium: 126.64mg (12.66%), Fiber: 3.12g (12.49%), Magnesium: 47.94mg (11.98%), Iron: 1.91mg (10.61%), Potassium: 359.87mg (10.28%), Vitamin B2: 0.17mg (10.22%), Vitamin E: 1.48mg (9.88%), Vitamin B5: 0.89mg (8.93%), Copper: 0.17mg (8.31%), Zinc: 1.18mg (7.86%), Folate: 27.72µg (6.93%), Vitamin B1: 0.09mg (6.1%), Vitamin B12: 0.17µg (2.78%)