



## Fiesta Chicken Pasta

READY IN



25 min.

SERVINGS



25

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 Tbsp chili powder
- 0.5 cup knudsen cream sour
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 2 pasilla peppers red chopped
- 2 cups rotini pasta uncooked
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

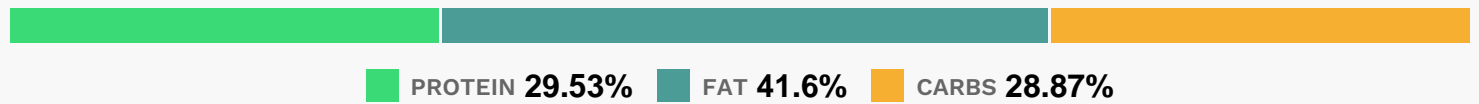
# Equipment

frying pan

# Directions

- Cook pasta as directed on package.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add chicken. Cook and stir 6 min.
- Add peppers, dressing and chili powder; cook 3 min. or until chicken is done, stirring frequently. Stir in salsa and sour cream.
- Drain pasta. Toss with chicken mixture.
- Sprinkle with cheese.

# Nutrition Facts



# Properties

Glycemic Index:4.04, Glycemic Load:1.58, Inflammation Score:-4, Nutrition Score:4.4956522020309%

# Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 72.3kcal (3.61%), Fat: 3.34g (5.14%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.66g (1.7%), Sugar: 1.17g (1.3%), Cholesterol: 16.59mg (5.53%), Sodium: 100.62mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin C: 12.56mg (15.22%), Selenium: 9.82µg (14.03%), Vitamin B3: 2.17mg (10.86%), Vitamin B6: 0.19mg (9.56%), Vitamin A: 475.5IU (9.51%), Phosphorus: 66.47mg (6.65%), Vitamin E: 0.56mg (3.73%), Potassium: 127.04mg (3.63%), Manganese: 0.07mg (3.51%), Vitamin B5: 0.35mg (3.48%), Vitamin B2: 0.05mg (3.03%), Vitamin K: 2.9µg (2.76%), Magnesium: 10.85mg (2.71%), Calcium: 26.02mg (2.6%), Fiber: 0.56g (2.23%), Zinc: 0.32mg (2.14%), Folate: 7.02µg (1.75%), Vitamin B1: 0.03mg (1.72%), Iron: 0.26mg (1.45%), Copper: 0.03mg (1.45%), Vitamin B12: 0.07µg (1.17%)