



Fiesta Chicken & Pasta Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup four cheese shredded mexican style divided kraft finely
- 4 oz philadelphia cream cheese cubed ()
- 10 oz regular corn frozen
- 0.3 tsp ground cumin
- 2 cups rotini pasta uncooked
- 16 oz salsa
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, cook and stir chicken in large nonstick skillet sprayed with cooking spray on medium-high heat 6 min. or until done.

Add next 4 ingredients; mix well. Simmer on medium-low heat 6 min. or until cream cheese is melted, stirring occasionally.

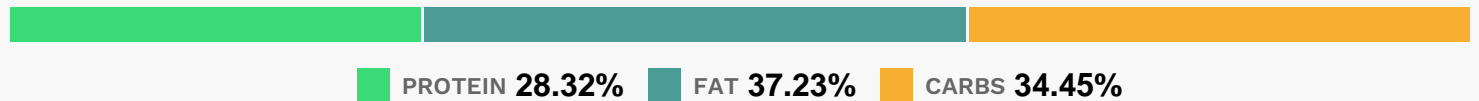
Drain pasta.

Add to chicken mixture in skillet with 1/2 cup shredded cheese; simmer 3 min. or until heated through, stirring occasionally. Top with remaining shredded cheese; cover.

Remove from heat.

Let stand until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:9.62, Inflammation Score:-8, Nutrition Score:26.261304673941%

Nutrients (% of daily need)

Calories: 557.87kcal (27.89%), Fat: 23.54g (36.22%), Saturated Fat: 11.99g (74.92%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 44.01g (16%), Sugar: 6.28g (6.98%), Cholesterol: 129.46mg (43.15%), Sodium: 1154.76mg (50.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.58%), Selenium: 67.27µg (96.11%), Vitamin B3: 14.85mg (74.23%), Vitamin B6: 1.25mg (62.72%), Phosphorus: 553.13mg (55.31%), Potassium: 1048.82mg (29.97%), Calcium: 274.95mg (27.49%), Manganese: 0.54mg (27.12%), Vitamin A: 1246.55IU (24.93%), Vitamin B2: 0.42mg (24.72%), Vitamin B5: 2.46mg (24.6%), Magnesium: 95.71mg (23.93%), Fiber: 5g (20%), Zinc: 2.99mg (19.92%), Vitamin B1: 0.23mg (15.18%), Vitamin E: 2.09mg (13.95%), Folate: 51.32µg (12.83%), Copper: 0.24mg (12.13%), Iron: 1.93mg (10.71%), Vitamin C: 8.63mg (10.46%), Vitamin B12: 0.59µg (9.81%), Vitamin K: 6.3µg (6%), Vitamin D: 0.28µg (1.89%)