



 **23%**
HEALTH SCORE

Fire-Breathing Dragon Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



901 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 onion diced yellow
- 6 servings olive oil for sauting
- 6 servings salt and pepper to taste
- 6 cloves garlic minced
- 3 tablespoons chipotles in adobo seeds removed, chopped + 1 of
- 1 pound chicken breast boneless skinless cut into large cubes
- 2 teaspoons seasoning italian
- 3 cups tomato sauce good
- 1 teaspoon pepper red

- 0.5 pound shrimp with tails off cleaned
- 1 cup heavy whipping cream whole
- 1 cup cream sour
- 1 pound pasta like spaghetti
- 4 chilies dried red
- 6 servings parmesan fresh grated for serving

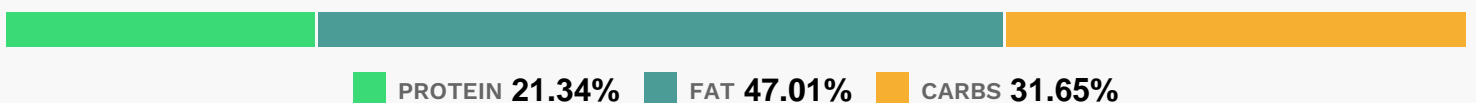
Equipment

- frying pan
- sauce pan

Directions

- Saute onion in two tablespoons Olive oil in a large, deep-sided skillet or a medium sized saucepan until tender and translucent, season with salt and pepper.
- Add garlic and saute until fragrant.
- Add the chipotles, chicken pieces, and Italian seasonings. Season with more salt and pepper.
- Saute over medium heat turning chicken to sear on all sides.
- Add the tomato sauce and red pepper flakes. Bring up to a simmer and continue to simmer for ten minutes or until chicken is cooked through. In the meantime cook the pasta to al dente according to package directions and add the dried chiles to the cooking water with the spaghetti.
- Stir in the shrimp and milk. Slowly add in the sour cream while stirring. Bring to a slow simmer. Simmer until shrimp begin to curl.
- Remove from heat.
- Serve over pasta(remove the chiles when draining) with fresh Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:25.72, Inflammation Score:-9, Nutrition Score:30.996956521739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Taste

Sweetness: 24.76%, Saltiness: 86.88%, Sourness: 16.86%, Bitterness: 17.83%, Savoriness: 57.14%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 900.9kcal (45.05%), Fat: 47.29g (72.76%), Saturated Fat: 20.61g (128.8%), Carbohydrates: 71.64g (23.88%), Net Carbohydrates: 65.76g (23.91%), Sugar: 10.58g (11.76%), Cholesterol: 197.08mg (65.69%), Sodium: 1422.38mg (61.84%), Protein: 48.29g (96.59%), Selenium: 82.69µg (118.13%), Phosphorus: 688.37mg (68.84%), Vitamin B3: 10.67mg (53.34%), Calcium: 502.9mg (50.29%), Manganese: 0.97mg (48.74%), Vitamin B6: 0.93mg (46.32%), Vitamin A: 1808.8IU (36.18%), Vitamin E: 4.85mg (32.33%), Potassium: 1085.23mg (31.01%), Magnesium: 116.32mg (29.08%), Copper: 0.57mg (28.65%), Vitamin B2: 0.46mg (26.95%), Fiber: 5.88g (23.51%), Zinc: 3.43mg (22.86%), Vitamin B5: 2.2mg (22%), Iron: 3.62mg (20.11%), Vitamin K: 19.42µg (18.5%), Vitamin C: 12.48mg (15.13%), Vitamin B1: 0.19mg (12.66%), Vitamin B12: 0.66µg (10.92%), Folate: 39.06µg (9.77%), Vitamin D: 0.86µg (5.74%)