



WHATSheATE



## Garlic Chicken Pasta with Roasted Red Pepper Cream Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon flour
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon garlic
- ☐ 7.3 oz roasted peppers red drained well
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups skim milk
- ☐ 4 chicken breast halves boneless skinless
- ☐ 8 oz pasta like spaghetti uncooked

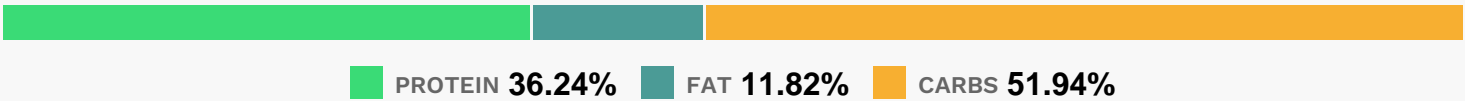
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

## Directions

- ☐ Cook spaghetti to desired doneness as directed on package.
- ☐ Drain; cover to keep warm.
- ☐ Meanwhile, in blender container or food processor bowl with metal blade, combine roasted peppers, milk, flour and salt; blend until smooth.
- ☐ Sprinkle chicken evenly with garlic-pepper blend. Spray large nonstick skillet with nonstick cooking spray.
- ☐ Heat over medium-high heat until hot.
- ☐ Add chicken; cover and cook 4 to 5 minutes on each side or until browned, fork-tender and juices run clear.
- ☐ Remove chicken from skillet; cover to keep warm.
- ☐ Add roasted pepper mixture to skillet; cook over medium heat until thickened, stirring constantly. Stir in oil.
- ☐ Serve sauce over chicken and spaghetti.

## Nutrition Facts



## Properties

Glycemic Index:45.06, Glycemic Load:19.33, Inflammation Score:-6, Nutrition Score:22.336086993632%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 390.68kcal (19.53%), Fat: 5.02g (7.72%), Saturated Fat: 1g (6.25%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 47.15g (17.15%), Sugar: 5.39g (5.99%), Cholesterol: 74.62mg (24.87%), Sodium: 1014.78mg (44.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.28%), Selenium: 74.37µg (106.24%), Vitamin B3: 13.24mg (66.18%), Vitamin B6: 1.07mg (53.41%), Phosphorus: 439.26mg (43.93%), Manganese: 0.64mg (32.04%), Vitamin C: 25.37mg (30.75%), Vitamin B5: 2.16mg (21.58%), Potassium: 750.97mg (21.46%), Magnesium: 74.78mg (18.7%), Vitamin B2: 0.27mg (16.02%), Calcium: 140.75mg (14.07%), Copper: 0.27mg (13.33%), Vitamin B1: 0.19mg (12.97%), Zinc: 1.91mg (12.73%), Vitamin B12: 0.67µg (11.17%), Fiber: 2.49g (9.96%), Iron: 1.67mg (9.26%), Vitamin A: 457.32IU (9.15%), Folate: 27.92µg (6.98%), Vitamin D: 0.96µg (6.37%), Vitamin E: 0.42mg (2.82%)