



## Grilled Chicken with Creamy Red Pepper Pasta

READY IN



48 min.

SERVINGS



8

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb chicken thighs bone-in
- 1 chicken bouillon cube
- 0.5 cup knudsen cream sour
- 2 Tbsp parsley fresh chopped
- 4 singles chopped kraft
- 2 pasilla peppers red
- 1 lb pasta like spaghetti uncooked

### Equipment

- bowl
- frying pan
- blender
- grill
- dutch oven

## Directions

- Heat grill to medium heat.
- Grill chicken and peppers 10 min. or until peppers are evenly blackened, turning occasionally.
- Place peppers in closed paper bag or covered bowl. Grill chicken an additional 15 min. or until done (165F). Meanwhile, cook spaghetti as directed on package.
- Remove and discard peels, stems, seeds and veins from peppers.
- Drain spaghetti, reserving 1 cup of the water; pour water into blender.
- Add peppers, sour cream and bouillon cube; blend until smooth.
- Pour into Dutch oven or large deep skillet.
- Add spaghetti and Singles pieces; cook and stir on medium heat 3 min. or until Singles are melted and mixture is heated through.
- Serve topped with chicken and parsley.

## Nutrition Facts



**PROTEIN 21.96%** **FAT 42.3%** **CARBS 35.74%**

## Properties

Glycemic Index:13.25, Glycemic Load:17.4, Inflammation Score:-8, Nutrition Score:19.512173707071%

## Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 512.83kcal (25.64%), Fat: 23.83g (36.66%), Saturated Fat: 7.04g (44.02%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 42.84g (15.58%), Sugar: 3.38g (3.76%), Cholesterol: 126.7mg (42.23%), Sodium: 228.22mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Selenium: 59.07µg (84.38%), Vitamin C: 39.48mg (47.85%), Vitamin B3: 6.89mg (34.44%), Phosphorus: 322.18mg (32.22%), Vitamin B6: 0.59mg (29.38%), Manganese: 0.58mg (28.82%), Vitamin A: 1205.88IU (24.12%), Vitamin K: 19.84µg (18.9%), Zinc: 2.45mg (16.34%), Vitamin B5: 1.62mg (16.18%), Magnesium: 58.71mg (14.68%), Vitamin B2: 0.25mg (14.53%), Vitamin B12: 0.8µg (13.38%), Potassium: 462.16mg (13.2%), Copper: 0.23mg (11.72%), Vitamin B1: 0.16mg (10.7%), Fiber: 2.47g (9.89%), Iron: 1.75mg (9.7%), Folate: 29.97µg (7.49%), Vitamin E: 0.85mg (5.66%), Calcium: 43.95mg (4.4%)