



Italian Chicken Spaghetti with Tequila

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons bottled garlic minced
- 15.5 ounce canned tomatoes diced canned
- 8 servings salt and ground pepper black to taste
- 0.3 cup penzey's southwest seasoning italian
- 2 tablespoons olive oil
- 4 chicken breast halves diced boneless skinless
- 12 ounces pasta like spaghetti
- 0.5 cup tequila

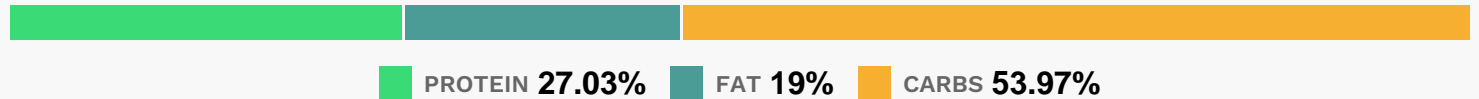
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly-salted water to a boil; add the pasta and cook until al dente, 8 to 10 minutes; drain.
- Place spaghetti in a large bowl.
- Heat the olive oil in a skillet over medium heat. Cook and stir the chicken in the hot oil until browned; stir in the Italian seasoning and garlic and cook until the chicken is cooked through, about 5 minutes.
- Add the tomatoes and tequila; simmer another 5 minutes. Season with salt and pepper.
- Pour into the bowl with the spaghetti and stir to combine; serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:14.04, Inflammation Score:-4, Nutrition Score:14.410434847293%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 311.43kcal (15.57%), Fat: 5.83g (8.97%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 34.18g (12.43%), Sugar: 3.63g (4.03%), Cholesterol: 36.16mg (12.05%), Sodium: 141.42mg (6.15%), Alcohol: 5.01g (100%), Alcohol %: 3.62% (100%), Protein: 18.67g (37.33%), Selenium: 45.53µg (65.05%), Vitamin B3: 7.37mg (36.84%), Manganese: 0.61mg (30.51%), Vitamin B6: 0.6mg (29.88%), Phosphorus: 221.49mg (22.15%), Potassium: 490.39mg (14.01%), Vitamin K: 14.68µg (13.98%), Magnesium: 52.75mg (13.19%), Copper: 0.26mg (12.82%), Fiber: 3.09g (12.37%), Vitamin B5: 1.16mg (11.64%), Iron: 2.08mg (11.58%), Vitamin E: 1.62mg (10.8%), Vitamin B1: 0.12mg (8.12%), Zinc: 1.14mg (7.58%), Vitamin C: 6.16mg (7.46%), Vitamin B2: 0.12mg (7.1%), Calcium:

57.13mg (5.71%), Folate: 20.66µg (5.17%), Vitamin A: 161.22IU (3.22%), Vitamin B12: 0.11µg (1.88%)