



WHATSheATE



Pasta con Pollo (Colombian Creamy Pasta with Chicken)

♥♥ Popular

READY IN



45 min.

SERVINGS



6

CALORIES



769 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings cilantro leaves fresh for garnish
- ☐ 4 garlic cloves minced
- ☐ 3 cups milk
- ☐ 2.5 cups mozzarella cheese shredded white
- ☐ 6 servings nutmeg freshly grated to taste
- ☐ 1 cup onion finely chopped

- ☐ 1 pound soup noodles
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 4 tablespoons tomato paste
- ☐ 4 Tbs butter unsalted

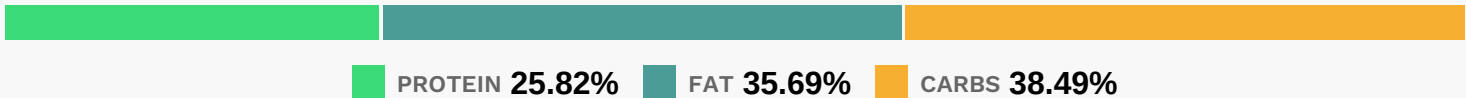
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil, salt the water and cook the pasta al dente.While the pasta is cooking, in a fry pan over medium-low heat, warm the butter.
- ☐ Add the onion, garlic and sauté until very soft and lightly golden, about 15 minutes.
- ☐ Add the shredded chicken and tomato paste. Stir and cook for 5 minutes more.In a saucepan over medium heat, bring the milk to just below a boil. In another saucepan over medium-high heat, melt the butter. Stir the flour into the butter and cook, stirring, for 2 minutes.
- ☐ Remove from the heat and gradually whisk in the hot milk. Set over medium-low heat and cook, stirring, until thick and smooth, 3 to 4 minutes. Season with salt, pepper and nutmeg.
- ☐ Remove the sauce from the heat.
- ☐ Add the cheese
- ☐ Drain pasta and add to the skillet with the shredded chicken. Toss the pasta to coat evenly with the sauce. Top with cheese and cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.33, Glycemic Load:29.86, Inflammation Score:-8, Nutrition Score:26.971739178118%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 769.29kcal (38.46%), Fat: 30.21g (46.47%), Saturated Fat: 15.72g (98.24%), Carbohydrates: 73.31g (24.44%), Net Carbohydrates: 69.4g (25.24%), Sugar: 11.41g (12.68%), Cholesterol: 141.86mg (47.29%), Sodium: 500.68mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.17g (98.33%), Selenium: 83.87µg (119.81%), Phosphorus: 642.35mg (64.24%), Vitamin B3: 9.53mg (47.65%), Manganese: 0.92mg (46.12%), Calcium: 433.2mg (43.32%), Vitamin B12: 2.01µg (33.49%), Vitamin B6: 0.67mg (33.37%), Vitamin B2: 0.54mg (31.7%), Zinc: 4.57mg (30.48%), Magnesium: 96.31mg (24.08%), Potassium: 771.26mg (22.04%), Vitamin A: 960.11IU (19.2%), Vitamin B1: 0.28mg (18.62%), Vitamin B5: 1.85mg (18.48%), Copper: 0.36mg (18.16%), Iron: 3.03mg (16.84%), Fiber: 3.91g (15.65%), Vitamin D: 1.67µg (11.14%), Folate: 39.35µg (9.84%), Vitamin E: 0.92mg (6.16%), Vitamin C: 5.02mg (6.09%), Vitamin K: 3.86µg (3.68%)