



Rasta Pasta

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons blackened seasoning cajun-style
- ☐ 2 tablespoons butter divided
- ☐ 0.3 teaspoon curry powder
- ☐ 4 cloves garlic chopped
- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 1 pound penne pasta
- ☐ 1 bell pepper red seeded sliced into strips
- ☐ 1 large onion red cut into wedges
- ☐ 1 teaspoon pepper flakes red crushed

- ☐ 8 servings salt and pepper to taste
- ☐ 4 slices chicken breasts boneless skinless trimmed of fat
- ☐ 48 ounce meatless spaghetti sauce
- ☐ 1 bell pepper yellow seeded sliced into strips

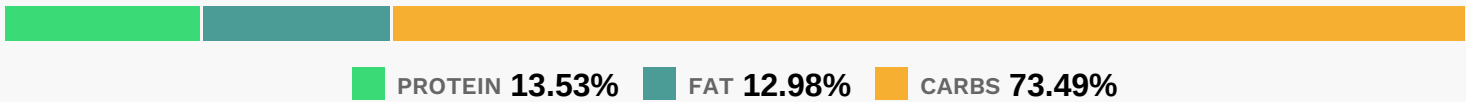
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook until tender but still firm, about 8 minutes.
- ☐ Drain.
- ☐ Meanwhile, melt 1 tablespoon of butter in a wok or large skillet over medium-high heat.
- ☐ Add chicken pieces; cook and stir until browned. Season with blackened seasoning, and remove the chicken from the wok and set aside.
- ☐ Melt the remaining butter in the wok over medium-high heat.
- ☐ Add the garlic and onion; cook and stir until fragrant and beginning to brown.
- ☐ Add the green, red and yellow pepper strips, and season with red pepper flakes, curry powder, salt and pepper. Cook and stir until the peppers are hot. Return the chicken to the wok and pour in the spaghetti sauce.
- ☐ Heat through and serve over pasta.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:20.59, Inflammation Score:-8, Nutrition Score:18.885217671485%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 296.34kcal (14.82%), Fat: 4.38g (6.75%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 50.4g (18.33%), Sugar: 9.17g (10.19%), Cholesterol: 7.84mg (2.62%), Sodium: 1299.21mg (56.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.57%), Vitamin C: 71.7mg (86.91%), Selenium: 37.45µg (53.5%), Manganese: 0.8mg (40.22%), Vitamin A: 1449.81IU (29%), Fiber: 5.44g (21.75%), Potassium: 755.24mg (21.58%), Copper: 0.4mg (20.04%), Vitamin E: 3mg (19.98%), Vitamin B6: 0.39mg (19.69%), Phosphorus: 172.64mg (17.26%), Magnesium: 63.11mg (15.78%), Vitamin B3: 3.11mg (15.55%), Iron: 2.67mg (14.85%), Vitamin B2: 0.17mg (10.28%), Folate: 40.66µg (10.17%), Vitamin B5: 0.9mg (8.96%), Zinc: 1.32mg (8.77%), Vitamin B1: 0.12mg (8.21%), Vitamin K: 7.3µg (6.95%), Calcium: 47.87mg (4.79%)