



Salsa Chicken with Linguine

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 16 oz mild taco sauce red
- ☐ 1 pound pasta dried
- ☐ 2 cups nonfat yogurt plain
- ☐ 0.8 pound bell peppers red
- ☐ 1 teaspoon salad oil
- ☐ 1 pound chicken breasts boneless skinless

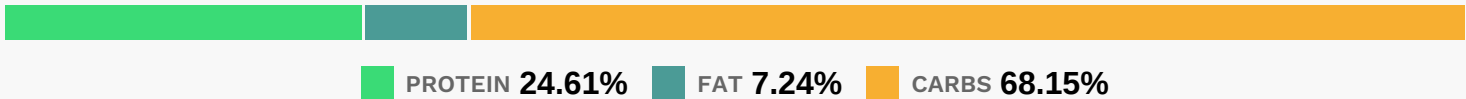
Equipment

☐ frying pan

Directions

- ☐ Cook pasta, uncovered, in 3 to 4 quarts boiling water until barely tender to bite, 5 to 7 minutes.
- ☐ Meanwhile, stem and seed bell peppers and cut lengthwise into 1/4-inch slices. In a 10- to 12-inch nonstick frying pan over medium-high heat, frequently stir peppers and oil until peppers are limp and browned, 12 to 14 minutes; reduce heat if peppers start to darken too much.
- ☐ Cut chicken into 1/4- by 2-inch strips. When pasta is barely tender to bite, add chicken to pasta water and cook until meat is no longer pink in center (cut to test), 2 to 3 more minutes.
- ☐ Drain mixture and return to pan.
- ☐ Blend yogurt with cornstarch.
- ☐ Add mixture and taco sauce to peppers; stir often over medium heat until bubbling, 3 to 5 minutes.
- ☐ Add the pepper-yogurt sauce and chopped cilantro to the pasta and chicken; mix to coat.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:23.41, Inflammation Score:-9, Nutrition Score:26.573913014453%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 527.95kcal (26.4%), Fat: 4.16g (6.4%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 88.17g (29.39%), Net Carbohydrates: 84.53g (30.74%), Sugar: 28.14g (31.27%), Cholesterol: 50.02mg (16.67%), Sodium: 1064.93mg (46.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.69%), Selenium: 74.99µg (107.13%), Vitamin C: 74.4mg (90.18%), Vitamin B3: 9.83mg (49.17%), Phosphorus: 445mg (44.5%), Vitamin B6: 0.88mg (44.14%),

Manganese: 0.78mg (38.77%), Vitamin A: 1848.63IU (36.97%), Potassium: 779.68mg (22.28%), Vitamin B2: 0.36mg (21.25%), Vitamin B5: 2.11mg (21.1%), Magnesium: 82.24mg (20.56%), Calcium: 186.6mg (18.66%), Zinc: 2.44mg (16.28%), Fiber: 3.63g (14.54%), Folate: 52.93µg (13.23%), Copper: 0.26mg (13.13%), Vitamin B1: 0.19mg (12.45%), Vitamin B12: 0.65µg (10.82%), Iron: 1.59mg (8.86%), Vitamin E: 1.26mg (8.37%), Vitamin K: 5.71µg (5.44%)