



Santa Fe Pasta Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

SAUCE

Ingredients

- ☐ 0.8 cup black beans canned rinsed drained
- ☐ 8 ounce tomato sauce canned
- ☐ 4 cups fettuccine barilla hot cooked uncooked (8 ounces pasta)
- ☐ 1 cup whole-kernel corn frozen
- ☐ 0.5 teaspoon creole seasoning (such as Louisiana)
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup olives ripe chopped

- ☐ 0.5 cup onion chopped
- ☐ 16 ounce salsa
- ☐ 16 ounce skinned

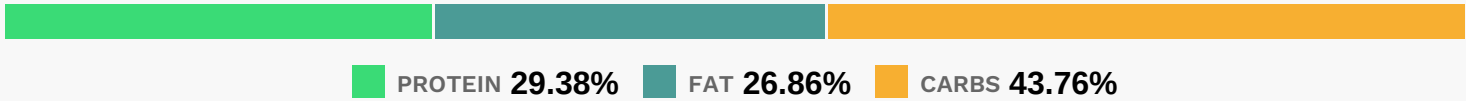
Equipment

- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic, and saut 5 minutes. Reduce heat to medium-low. Stir in salsa and tomato sauce; cook 20 minutes, stirring occasionally.
- ☐ Add corn, beans, olives, sour cream, and Creole seasoning; cook 4 minutes or until thoroughly heated. Keep warm.
- ☐ Prepare grill or broiler.
- ☐ Place chicken on a grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until done. Slice chicken lengthwise into 1/2-inch-wide strips.
- ☐ Spoon the sauce over pasta. Top with grilled-chicken strips, and garnish with sliced pickled jalapeno peppers, if desired.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:6.94, Inflammation Score:-6, Nutrition Score:13.413043527499%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 236.05kcal (11.8%), Fat: 7.19g (11.07%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 22.38g (8.14%), Sugar: 4.79g (5.32%), Cholesterol: 56.25mg (18.75%), Sodium: 778.89mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Selenium: 32.13µg (45.9%), Vitamin B3: 7.39mg (36.96%), Vitamin B6: 0.62mg (31.07%), Phosphorus: 225.7mg (22.57%), Manganese: 0.35mg (17.7%), Potassium: 589.54mg (16.84%), Fiber: 3.99g (15.97%), Vitamin B5: 1.27mg (12.66%), Magnesium: 50.06mg (12.51%), Vitamin E: 1.86mg (12.42%), Vitamin A: 554.14IU (11.08%), Vitamin B2: 0.16mg (9.62%), Copper: 0.19mg (9.43%), Iron: 1.48mg (8.23%), Vitamin B1: 0.12mg (8.13%), Folate: 31.92µg (7.98%), Zinc: 1.1mg (7.3%), Vitamin C: 5.7mg (6.91%), Calcium: 62.17mg (6.22%), Vitamin K: 4.65µg (4.42%), Vitamin B12: 0.22µg (3.67%)