



Southwestern Cheddar Chicken Pasta

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups water hot
- ☐ 1.3 cups milk
- ☐ 1 box broccoli
- ☐ 1 cup corn frozen
- ☐ 15 oz black beans rinsed drained canned
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 0.5 cup plum tomatoes seeded chopped (Roma)
- ☐ 0.3 cup cilantro leaves fresh chopped

☐ 1 small lime cut into 6 wedges

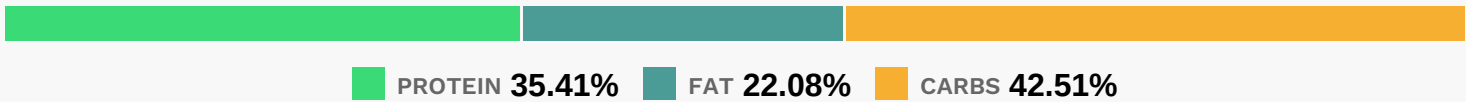
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, place hot water, milk, seasoning mix and uncooked pasta (from Ultimate Chicken Helper box).
- ☐ Heat to boiling over medium-high heat, stirring occasionally.
- ☐ Reduce heat. Cover; simmer 6 minutes, stirring occasionally.
- ☐ Stir in frozen corn, black beans and chicken. Return to boiling; reduce heat. Cover; simmer 5 to 7 minutes longer or until pasta and vegetables are tender.
- ☐ Remove from heat. Stir in creamy Cheddar cheese sauce (from Ultimate Chicken Helper box) until well mixed; stir in tomato and 3 tablespoons of the cilantro. Cook until hot.
- ☐ Sprinkle with remaining cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:12.209130427112%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 206.99kcal (10.35%), Fat: 5.21g (8.01%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 16.32g (5.93%), Sugar: 3.16g (3.51%), Cholesterol: 41.1mg (13.7%), Sodium: 332.38mg (14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.57%), Fiber: 6.23g (24.93%), Phosphorus: 248.58mg (24.86%), Vitamin B3: 4.78mg (23.9%), Selenium: 13.64µg (19.49%), Vitamin B6: 0.33mg (16.62%), Potassium:

544.37mg (15.55%), Folate: 60.94µg (15.23%), Vitamin B2: 0.26mg (15.01%), Magnesium: 53.14mg (13.29%), Vitamin B1: 0.2mg (13.08%), Iron: 2.23mg (12.4%), Vitamin C: 10.17mg (12.33%), Manganese: 0.25mg (12.26%), Copper: 0.21mg (10.36%), Zinc: 1.55mg (10.32%), Calcium: 101.99mg (10.2%), Vitamin B5: 0.9mg (9.01%), Vitamin B12: 0.41µg (6.83%), Vitamin A: 321.26IU (6.43%), Vitamin K: 4.01µg (3.82%), Vitamin D: 0.56µg (3.73%), Vitamin E: 0.17mg (1.16%)