



Southwestern Chicken-Pasta Bake

READY IN



70 min.

SERVINGS



25

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 oz canned tomatoes diced with green chiles, drained canned
- ☐ 4 cups roasted chicken diced cooked (from a rotisserie bird)
- ☐ 1 teaspoon chili powder
- ☐ 25 servings cilantro leaves chopped
- ☐ 1 teaspoon cumin
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cloves garlic chopped
- ☐ 1 bell pepper green seeded chopped
- ☐ 12 ounces pasta

- ☐ 4 cups milk
- ☐ 0.5 onion diced
- ☐ 25 servings salt
- ☐ 2 cups cheddar cheese
- ☐ 3 oz canned tomatoes canned
- ☐ 8 tablespoons butter unsalted (1 stick)

Equipment

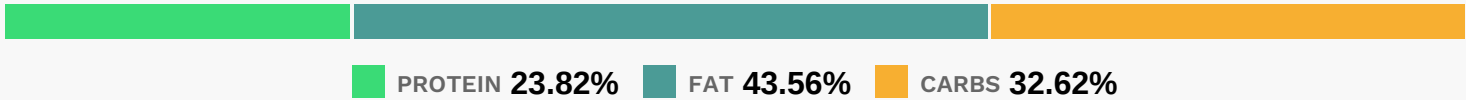
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350F; mist a 9-by-13-inch baking dish with cooking spray. Bring a pot of salted water to a boil. Cook pasta until al dente, about 10 minutes or as package directs.
- ☐ Drain.
- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add bell pepper, onion, garlic, cumin, chili powder and 2 tsp. salt; saut until onion is tender, 6 to 8 minutes.
- ☐ Add tomato paste and cook, stirring constantly, 2 minutes longer.
- ☐ Whisk in flour until smooth. Cook, whisking constantly, for 1 minute. Gradually whisk in milk. Cook, whisking, until thickened, about 5 minutes.
- ☐ Add diced tomatoes and 1 cup cheese. Cook, whisking, for 1 minute or until cheese melts.
- ☐ Remove from heat. Stir in chicken and pasta.
- ☐ Scrape into baking dish; sprinkle with remaining cheese.
- ☐ Bake until bubbly, 20 to 25 minutes. (Preheat broiler to high and broil casserole for a minute to brown, if desired.)

- ☐ Let stand for 10 to 15 minutes.
- ☐ Sprinkle with cilantro, if desired; serve.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:7.1921738437984%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 191.24kcal (9.56%), Fat: 9.22g (14.19%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 14.65g (5.33%), Sugar: 3.12g (3.47%), Cholesterol: 39.63mg (13.21%), Sodium: 289.07mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Selenium: 17.19µg (24.56%), Phosphorus: 158.03mg (15.8%), Calcium: 122.93mg (12.29%), Vitamin B3: 2.4mg (11.99%), Manganese: 0.19mg (9.29%), Vitamin B6: 0.18mg (9.17%), Vitamin B2: 0.15mg (8.91%), Vitamin C: 5.94mg (7.2%), Zinc: 1.04mg (6.91%), Vitamin B12: 0.39µg (6.56%), Vitamin A: 319.14IU (6.38%), Potassium: 208.5mg (5.96%), Magnesium: 23.17mg (5.79%), Vitamin B1: 0.08mg (5.66%), Iron: 0.92mg (5.09%), Vitamin B5: 0.5mg (4.99%), Copper: 0.08mg (4.16%), Vitamin D: 0.54µg (3.61%), Fiber: 0.89g (3.58%), Folate: 12.19µg (3.05%), Vitamin E: 0.37mg (2.47%), Vitamin K: 2.1µg (2%)