



WHATSheATE



Spaghetti con Pollo y Salsa Criolla (Colombian-Style Spaghetti with Chicken)

READY IN



45 min.

SERVINGS



6

CALORIES



637 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken stock see
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon oregano
- ☐ 6 servings parmesan cheese to serve

- ☐ 0.5 cup bell pepper diced red
- ☐ 6 servings salt and pepper
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 pound pasta like spaghetti thick
- ☐ 4 large tomatoes diced
- ☐ 2 tablespoons vegetable oil

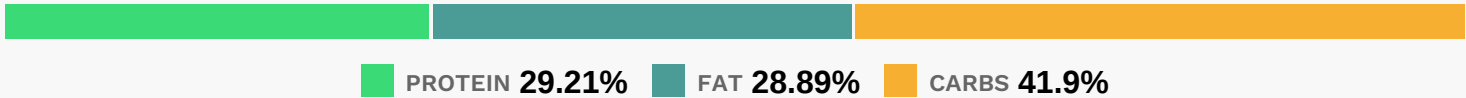
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil, salt the water and cook the pasta al dente.While the pasta is cooking, in a large skillet heat the oil over medium heat.
- ☐ Add the salsa criolla ingredients and cook stirring often, for about 10 to 15 minutes or until the consistency is smooth. Set aside.
- ☐ Drain pasta and add to the skillet.
- ☐ Add the shredded chicken and pour chicken stock over the pasta and toss to combine. Season with salt and pepper.Toss the spaghetti to coat evenly with the sauce. Top with cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:24.77, Inflammation Score:-9, Nutrition Score:28.173913209335%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

0.18mg, Myricetin: 0.18mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 636.77kcal (31.84%), Fat: 20.22g (31.1%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 65.96g (21.99%), Net Carbohydrates: 61.26g (22.28%), Sugar: 7.17g (7.96%), Cholesterol: 91mg (30.33%), Sodium: 785.5mg (34.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.99g (91.99%), Selenium: 78.16µg (111.66%), Phosphorus: 577.22mg (57.72%), Vitamin C: 44.39mg (53.8%), Vitamin B3: 9.98mg (49.9%), Manganese: 0.93mg (46.62%), Calcium: 406.35mg (40.63%), Vitamin B6: 0.72mg (36.08%), Vitamin A: 1738.31IU (34.77%), Zinc: 3.64mg (24.28%), Magnesium: 92.7mg (23.18%), Potassium: 795.98mg (22.74%), Vitamin B2: 0.34mg (20.21%), Vitamin K: 20.67µg (19.69%), Copper: 0.39mg (19.31%), Fiber: 4.69g (18.78%), Iron: 3.07mg (17.06%), Vitamin B5: 1.55mg (15.53%), Vitamin B1: 0.21mg (14.18%), Folate: 49.46µg (12.36%), Vitamin B12: 0.63µg (10.51%), Vitamin E: 1.45mg (9.65%)