



WHATSheATE



Spicy Chicken Rigatoni



Dairy Free



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup alfredo sauce
- ☐ 6 ounces meat from a rotisserie chicken sliced
- ☐ 1 tablespoon garlic chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.8 cup tomatoes
- ☐ 0.3 cup peas
- ☐ 0.5 tablespoon pepper flakes red crushed
- ☐ 16 ounces rigatoni pasta cooked

☐ 0.1 teaspoon salt

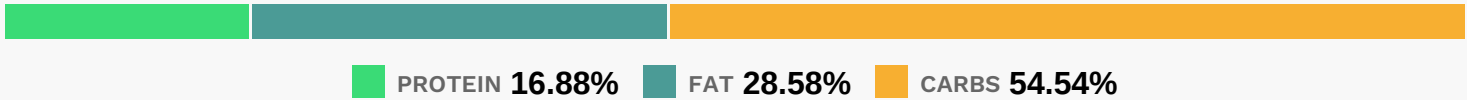
Equipment

☐ frying pan

Directions

- ☐ In a sauté pan, heat oil over medium heat.2
- ☐ Add crushed pepper, salt, black pepper and garlic; sauté just long enough to caramelize and red pepper to release flavor into the oil.3
- ☐ Add sliced chicken and sauté briefly to coat in spices and garlic.4
- ☐ Add Marinara Sauce first, then Alfredo Sauce and bring to a simmer. Cook until sauce thickens and chicken is cooked through.5 Turn off heat; add peas and incorporate into sauce. Toss pasta and sauce until well combined.6
- ☐ Sprinkle with crushed red pepper for garnish.7
- ☐ Serve with a fresh sliced Italian Loaf.8 **Note: I highly recommend using homemade Marinara & Alfredo Sauces.

Nutrition Facts



Properties

Glycemic Index:24.98, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:5.063478257993%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 151.59kcal (7.58%), Fat: 4.77g (7.34%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 18.65g (6.78%), Sugar: 1.69g (1.87%), Cholesterol: 17.82mg (5.94%), Sodium: 265.7mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Selenium: 16.9µg (24.15%), Manganese: 0.26mg (12.85%), Fiber: 1.83g (7.31%), Iron: 1.21mg (6.73%), Vitamin B3: 1.31mg (6.54%), Phosphorus: 62.06mg (6.21%), Vitamin A: 296.92IU (5.94%), Vitamin B6: 0.12mg (5.83%), Copper: 0.1mg (5.22%), Vitamin C: 3.9mg (4.73%), Magnesium: 18.24mg (4.56%), Vitamin E: 0.59mg (3.95%), Potassium: 137.69mg (3.93%), Zinc: 0.56mg (3.75%),

Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.55%), Folate: 9.77µg (2.44%), Vitamin B5: 0.24mg (2.43%),
Vitamin K: 2.52µg (2.4%), Calcium: 13.06mg (1.31%)