

DINNER

Spicy Chicken Spaghetti II

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	15 min	10 min	8	\$1.30	540 kcal

Spicy Chicken Spaghetti II is a main course that serves 8. For \$1.3 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. One serving contains 592 calories, 39g of protein, and 9g of fat. 5 people were impressed by this recipe.

Ingredients

☐ ½ cup brown sugar	☐ 1 teaspoon chili powder
☐ 1 cup chopped green bell pepper	☐ 1 cup ketchup
☐ 1 cup chopped onion	☐ 16 ounce package uncooked spaghetti
☐ 1 cup tomato sauce	☐ 1 whole cooked chicken, deboned and chopped
☐ 1 cup Worcestershire sauce	

EQUIPMENT Pot

Method

- 1 Bring a large pot of lightly salted water to a boil.
- 2 Place spaghetti in the pot, cook 8 to 10 minutes, until al dente, and drain.
- 3 In a separate pot, mix the Worcestershire sauce, ketchup, tomato sauce, green bell pepper, onion, brown sugar, and chili powder. Bring to a boil.
- 4 Mix in the chicken, reduce heat to low, and simmer 10 minutes, or until chicken is heated through.
- 5 Mix in the cooked spaghetti, and serve warm.

Nutrition per serving

540

KCAL

39 g

PROTEIN

9 g

FAT

75 g

CARBS

Saturated Fat	2.4 g · 15% of daily needs
Fibre	3.1 g · 12% of daily needs
Sugar	27.1 g · 30% of daily needs
Sodium	967 mg · 42% of daily needs
Cholesterol	90 mg · 30% of daily needs
Vitamin C	24.3 mg · 29% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/spicy-chicken-spaghetti-ii-148155