



## Tomatillo Salsa-Chicken Skillet

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 oz regular corn frozen
- 1 large bell pepper green cut into thin strips, then cut in half
- 2 cups multi-grain rotini pasta uncooked
- 1 cup milk four cheese shredded 2% mexican style kraft finely
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1.3 cups tomatillo salsa

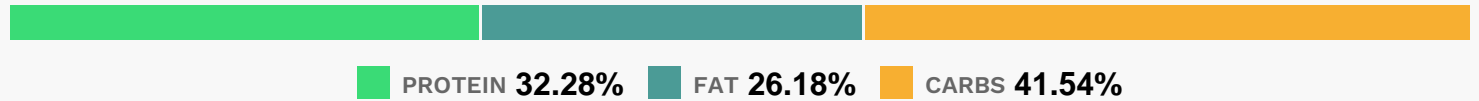
### Equipment

- frying pan

## Directions

- Cook pasta as directed on package.
- Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat.
- Add chicken; cook and stir 4 min. Stir in salsa, corn and peppers; simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.
- Drain pasta.
- Add to chicken mixture; mix lightly. Top with cheese.
- Remove from heat; cover.
- Let stand 1 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:1.48, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:4.5721739634224%

## Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 71.02kcal (3.55%), Fat: 2.1g (3.24%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.08g (2.57%), Sugar: 0.86g (0.96%), Cholesterol: 16.95mg (5.65%), Sodium: 171.84mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Selenium: 10.3µg (14.72%), Vitamin B3: 2.42mg (12.1%), Vitamin B6: 0.21mg (10.35%), Manganese: 0.18mg (8.85%), Phosphorus: 81.88mg (8.19%), Vitamin C: 6.74mg (8.17%), Vitamin B2: 0.09mg (5.14%), Potassium: 148.93mg (4.26%), Magnesium: 17.01mg (4.25%), Vitamin B5: 0.4mg (4.04%), Vitamin B1: 0.06mg (3.98%), Calcium: 33.52mg (3.35%), Zinc: 0.48mg (3.2%), Folate: 10.57µg (2.64%), Vitamin A: 126.11IU (2.52%), Vitamin B12: 0.14µg (2.29%), Iron: 0.38mg (2.11%), Copper: 0.04mg (1.94%), Fiber: 0.43g (1.72%)