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Spicy Chicken Rigatoni *

Spicy Chicken Rigatoni is a delicious pasta dish made with rigatoni noodles, spicy tomato sauce, and tender chicken. It is a popular Italian-American recipe that is loved for its bold flavors and comforting taste. This dish is often enjoyed for dinner and is perfect for spice lovers.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 30 mins Total Time: 45 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	rigatoni noodles
400 g	chicken breast
500 g	tomato sauce
2 tsp	red chili flakes

3 cloves	garlic
2 tbsp	olive oil
1 tsp	Salt
1 tsp	Black pepper
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the rigatoni noodles according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and red chili flakes. Cook for 1-2 minutes until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Sautéing

Add diced chicken breast to the skillet. Cook until the chicken is cooked through and no longer pink.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Simmering

Pour tomato sauce into the skillet. Stir well to combine with the chicken and spices. Simmer for 10 minutes to allow the flavors to meld together.

Prep Time: 1 mins

Cook Time: 10 mins

Step 5

Stirring

Add the cooked rigatoni noodles to the skillet. Toss well to coat the noodles with the spicy tomato sauce.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6



Serve the Spicy Chicken Rigatoni hot, garnished with grated Parmesan cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

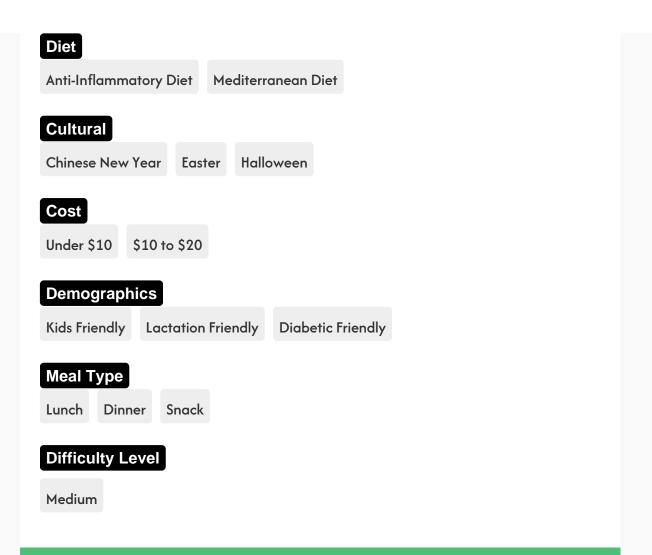
Slow Cooker Blender

Nutritional Content

Low Calorie

Course

Snacks Main Dishes Drinks Salads Soups Sauces & Dressings



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