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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

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

## Directions

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### Step 1

#### Boiling

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### 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

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### 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

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### 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

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### 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

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### Step 6

## Plating

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

## Diet

Anti-Inflammatory Diet

Mediterranean Diet

## Cultural

Chinese New Year

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

## Demographics

Kids Friendly

Lactation Friendly

Diabetic Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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