



 **38%**  
HEALTH SCORE

## Angel Hair Pasta Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 ounces angel hair pasta
- 10 ounce broccoli florets frozen thawed
- 1 slices carrots sliced
- 0.7 cup chicken broth
- 1 teaspoon basil dried
- 2 cloves garlic minced
- 2 tablespoons olive oil divided
- 0.3 cup parmesan cheese grated
- 2 chicken breast halves boneless skinless cubed

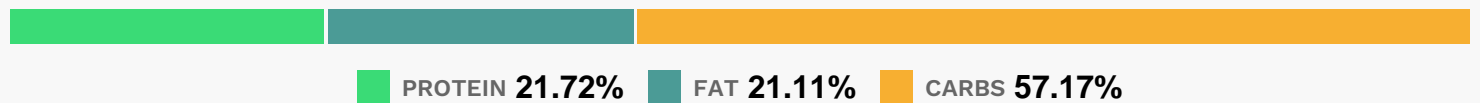
## Equipment

- bowl
- frying pan
- paper towels
- pot

## Directions

- Heat 1 tablespoon oil in a medium skillet over medium heat.
- Add chicken and saute for 5 to 7 minutes, or until chicken is cooked through (no longer pink).
- Remove from skillet and drain on paper towels.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 2 to 4 minutes, or until al dente; drain and set aside.
- While pasta is cooking, heat 2nd tablespoon oil over medium heat in same skillet used for chicken. Stir fry carrots for about 4 minutes, then add broccoli and garlic and stir fry for another 2 minutes. Finally, stir in broth, basil and cheese and return chicken to skillet. Reduce heat to low and simmer for about 4 minutes.
- Place drained pasta in a large serving bowl. Top with chicken/vegetable mixture and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.14, Glycemic Load:18.37, Inflammation Score:-10, Nutrition Score:21.803913028344%

## Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 339.93kcal (17%), Fat: 7.96g (12.24%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 44.77g (16.28%), Sugar: 3.41g (3.79%), Cholesterol: 28.25mg (9.42%), Sodium: 246.9mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.83%), Vitamin A: 3740.44IU (74.81%), Selenium: 50.8µg (72.57%), Vitamin K: 56.76µg (54.06%), Vitamin C: 44.11mg (53.47%), Manganese: 0.7mg (35.12%), Vitamin B3: 5.47mg (27.35%), Phosphorus: 254.01mg (25.4%), Vitamin B6: 0.49mg (24.57%), Fiber: 3.7g (14.78%), Potassium: 500.99mg (14.31%), Magnesium: 55.36mg (13.84%), Folate: 46.14µg (11.53%), Vitamin B5: 1.13mg (11.31%), Copper: 0.22mg (10.92%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.48mg (9.88%), Vitamin E: 1.36mg (9.06%), Vitamin B1: 0.13mg (8.72%), Calcium: 86.18mg (8.62%), Iron: 1.51mg (8.4%), Vitamin B12: 0.14µg (2.28%)