



WHATSHEATE



HEALTH SCORE

59%

Angel Hair Pasta Delight



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups angel hair pasta hot cooked uncooked (8 ounces pasta)
- ☐ 1 ounce asiago cheese shredded
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup bacon cooked chopped (2 slices)
- ☐ 0.5 pound chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 3 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 2 cups plum tomatoes chopped

- ☐ 10 ounce pkt spinach fresh chopped
- ☐ 1.5 cups onion sweet chopped
- ☐ 0.3 cup water

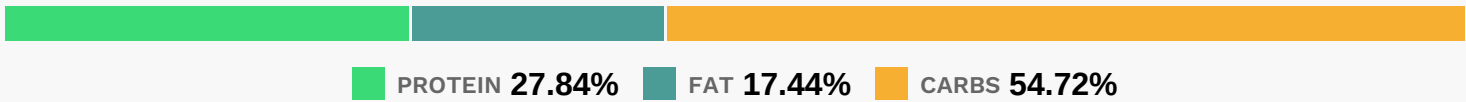
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add water and spinach; cover and cook 2 minutes or until spinach wilts.
- ☐ Stir in tomato, chicken, bacon, and vinegar; cook 1 minute or until thoroughly heated.
- ☐ Serve over pasta; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:25.34, Inflammation Score:-10, Nutrition Score:37.513478312803%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 521.02kcal (26.05%), Fat: 10.04g (15.44%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 70.84g (23.61%), Net Carbohydrates: 64.88g (23.59%), Sugar: 10.3g (11.44%), Cholesterol: 60.01mg (20%), Sodium: 349.27mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.05g (72.09%), Vitamin K: 353.45µg (336.62%), Vitamin A: 7701.9IU (154.04%), Selenium: 69.55µg (99.36%), Manganese: 1.57mg (78.49%), Vitamin B3: 11.12mg (55.61%), Vitamin C: 39.7mg (48.13%), Folate: 185.37µg (46.34%), Phosphorus: 432.65mg (43.27%), Vitamin B6:

0.83mg (41.48%), Magnesium: 138.05mg (34.51%), Potassium: 1123.88mg (32.11%), Fiber: 5.97g (23.86%), Iron: 4.22mg (23.45%), Copper: 0.46mg (23.1%), Calcium: 210.72mg (21.07%), Vitamin B2: 0.32mg (18.85%), Vitamin B1: 0.28mg (18.51%), Zinc: 2.73mg (18.18%), Vitamin E: 2.66mg (17.73%), Vitamin B5: 1.2mg (12.05%), Vitamin B12: 0.35µg (5.91%)