



Angel Hair Pasta with Lemon and Chicken

READY IN



15 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

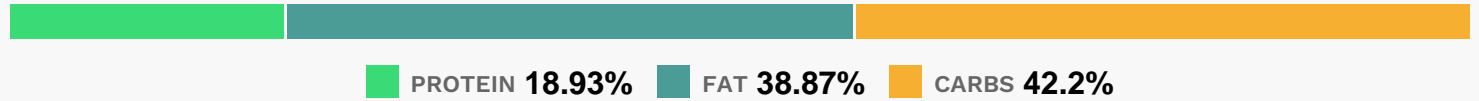
- 9 ounce buitoni® angel hair pasta refrigerated
- 0.3 cup butter melted
- 1.5 cups meat from a rotisserie chicken cubed cooked
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon garlic powder
- 2 tablespoons juice of lemon
- 0.3 teaspoon marjoram

Equipment

Directions

- Prepare pasta according to package directions.
- Toss pasta with chicken, butter, lemon juice, parsley, marjoram and garlic powder. Season with salt and ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:19.18, Inflammation Score:-6, Nutrition Score:13.925217307132%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 462.96kcal (23.15%), Fat: 19.82g (30.49%), Saturated Fat: 10.86g (67.85%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 46.28g (16.83%), Sugar: 1.93g (2.14%), Cholesterol: 80.05mg (26.68%), Sodium: 166.15mg (7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.45%), Selenium: 53.47µg (76.39%), Vitamin K: 34.23µg (32.6%), Manganese: 0.6mg (30.01%), Vitamin B3: 5.26mg (26.32%), Phosphorus: 228.45mg (22.85%), Vitamin B6: 0.31mg (15.74%), Vitamin A: 663.69IU (13.27%), Magnesium: 46.83mg (11.71%), Zinc: 1.75mg (11.64%), Copper: 0.22mg (10.98%), Iron: 1.61mg (8.97%), Fiber: 2.15g (8.6%), Vitamin B5: 0.83mg (8.25%), Potassium: 288.15mg (8.23%), Vitamin B2: 0.13mg (7.37%), Vitamin C: 5.57mg (6.75%), Vitamin B1: 0.1mg (6.35%), Folate: 19.32µg (4.83%), Vitamin E: 0.54mg (3.58%), Vitamin B12: 0.18µg (3.07%), Calcium: 27.72mg (2.77%)