



Asiago Chicken and Cavatappi

READY IN



30 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces pasta uncooked
- ☐ 0.8 cup water boiling
- ☐ 0.5 cup sun-dried olives (not oil-packed)
- ☐ 1 pound chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 0.3 teaspoon garlic
- ☐ 0.3 teaspoon salt
- ☐ 2 cups the salad frozen (from 1-pound bag)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 ounce asiago cheese shredded

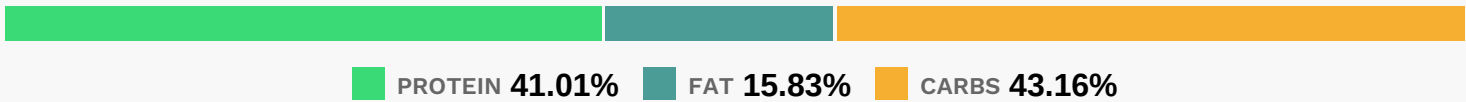
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package. Meanwhile, pour boiling water over tomatoes; let stand 10 minutes.
- ☐ Meanwhile, spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Cook chicken, garlic pepper and salt in skillet 2 to 3 minutes, stirring constantly, until chicken is brown. Stir in tomato mixture and vegetables. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- ☐ Stir in pasta; cook and stir until thoroughly heated. Stir in parsley.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:12.55, Inflammation Score:-7, Nutrition Score:24.351738857186%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 328.83kcal (16.44%), Fat: 5.76g (8.85%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 32.35g (11.76%), Sugar: 6.21g (6.9%), Cholesterol: 77.39mg (25.8%), Sodium: 416.81mg (18.12%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 33.54g (67.08%), Selenium: 61.15µg (87.35%), Vitamin B3: 13.85mg (69.27%), Vitamin K: 67.8µg (64.57%), Vitamin B6: 0.97mg (48.67%), Phosphorus: 413.51mg (41.35%), Manganese: 0.64mg (31.81%), Potassium: 1032.7mg (29.51%), Vitamin B5: 2.13mg (21.28%), Magnesium: 82.63mg (20.66%), Vitamin C: 16.44mg (19.92%), Copper: 0.35mg (17.7%), Vitamin A: 752.66IU (15.05%), Iron: 2.55mg (14.17%), Vitamin B2: 0.24mg (14.08%), Vitamin B1: 0.19mg (12.63%), Calcium: 121.69mg (12.17%), Fiber: 2.95g (11.81%), Zinc: 1.72mg (11.43%), Folate: 33.87µg (8.47%), Vitamin B12: 0.31µg (5.2%), Vitamin E: 0.3mg (2%)