



## Asparagus, Chicken and Penne Pasta

READY IN



35 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 ounces asparagus trimmed cut into 1 inch pieces
- 0.8 pound chicken breast boneless skinless cut into bite-size pieces
- 4 cloves garlic minced
- 2 tablespoons olive oil divided
- 0.5 cup parmesan cheese grated
- 16 ounce penne pasta dry
- 1 teaspoon pepper red crushed
- 8 servings salt and pepper to taste

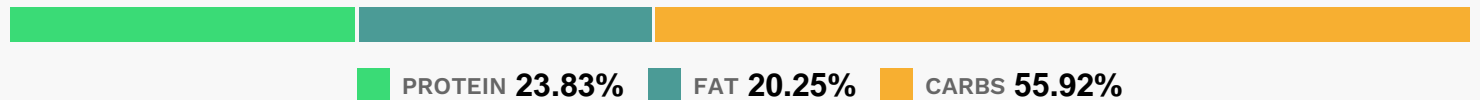
## Equipment

- bowl
- frying pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente.
- Drain, and transfer to a large bowl.
- Heat 1 tablespoon olive oil in a large skillet over medium heat.
- Saute chicken until firm and lightly browned; remove from pan.
- Add the remaining tablespoon of olive oil to the skillet. Cook and stir garlic, asparagus, and red pepper flakes in oil until asparagus is tender. Stir in chicken, and cook for 2 minutes to blend the flavors. Season with salt and pepper.
- Toss pasta with chicken and asparagus mixture.
- Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:17.4, Inflammation Score:-6, Nutrition Score:15.026521724203%

## Flavonoids

Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

## Nutrients (% of daily need)

Calories: 327.53kcal (16.38%), Fat: 7.3g (11.23%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 42.56g (15.48%), Sugar: 2.35g (2.61%), Cholesterol: 32.65mg (10.88%), Sodium: 361.17mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.67%), Selenium: 52.87µg (75.53%), Manganese:

0.63mg (31.43%), Vitamin B3: 5.86mg (29.3%), Phosphorus: 261.24mg (26.12%), Vitamin B6: 0.47mg (23.33%),  
Vitamin K: 20.33µg (19.37%), Copper: 0.27mg (13.27%), Magnesium: 50mg (12.5%), Fiber: 2.83g (11.3%), Potassium:  
392.14mg (11.2%), Iron: 1.92mg (10.68%), Zinc: 1.58mg (10.5%), Vitamin B5: 1mg (9.98%), Vitamin B1: 0.14mg (9.62%),  
Vitamin B2: 0.16mg (9.53%), Vitamin A: 462.56IU (9.25%), Folate: 34.51µg (8.63%), Vitamin E: 1.26mg (8.37%),  
Calcium: 83.18mg (8.32%), Vitamin C: 3.36mg (4.07%), Vitamin B12: 0.17µg (2.82%)