



Asparagus Chicken Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz pasta like spaghetti uncooked
- 1 lb asparagus cut into 2-inch pieces
- 8 sun-dried olives chopped (not oil-packed)
- 2 cloves garlic finely chopped
- 1.5 cups bell pepper yellow chopped
- 0.8 cup onion red chopped
- 2 cups chicken broth (from 32-oz carton)
- 1.5 lb chicken breast boneless skinless cut into 1/2-inch strips
- 0.8 cup whole-milk ricotta cheese fat-free

- 0.3 cup basil fresh chopped
- 2 tablespoons cream sour reduced-fat
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

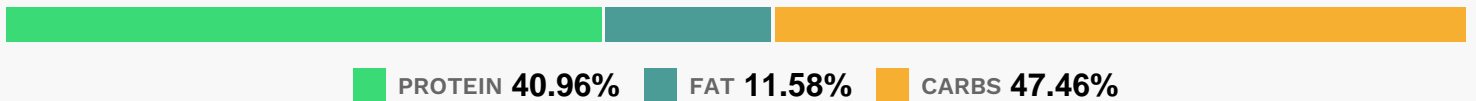
Equipment

- sauce pan

Directions

- Cook and drain spaghetti as directed on package--except omit salt.
- Meanwhile, in 3-quart saucepan, cook asparagus, tomatoes, garlic, bell pepper, onion and broth over medium heat 5 minutes. Stir in chicken. Cook 2 to 3 minutes, stirring constantly, until asparagus is crisp-tender and chicken is no longer pink in center.
- Stir in spaghetti and remaining ingredients. Toss about 30 seconds or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:27.800870130891%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.03mg, Quercetin: 15.03mg, Quercetin: 15.03mg

Nutrients (% of daily need)

Calories: 346.31kcal (17.32%), Fat: 4.38g (6.74%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 36.51g (13.28%), Sugar: 5.63g (6.25%), Cholesterol: 80.46mg (26.82%), Sodium: 659.97mg (28.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Vitamin C: 77.06mg (93.41%), Selenium: 62.86µg (89.8%), Vitamin B3: 14mg (70%), Vitamin B6: 1.08mg (54.14%), Phosphorus: 381.5mg (38.15%), Vitamin K: 38.65µg (36.81%), Manganese: 0.68mg (34.04%), Potassium: 887.88mg (25.37%), Vitamin B5: 2.15mg (21.46%), Copper: 0.39mg (19.5%), Vitamin B2: 0.32mg (19.04%), Magnesium: 74.18mg (18.54%), Vitamin B1: 0.27mg (17.93%), Iron: 3.11mg (17.28%), Folate: 67.34µg (16.84%), Vitamin A: 789.32IU (15.79%), Fiber: 3.86g (15.46%), Zinc:

1.85mg (12.32%), Calcium: 106.01mg (10.6%), Vitamin E: 1.17mg (7.81%), Vitamin B12: 0.26µg (4.32%)