



Basil Chicken Over Angel Hair

READY IN



35 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce angel hair pasta
- ☐ 2 cups chicken breast halves boneless cubed cooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup parmesan cheese
- ☐ 0.1 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon salt

☐ 2.5 cups tomatoes chopped

Equipment

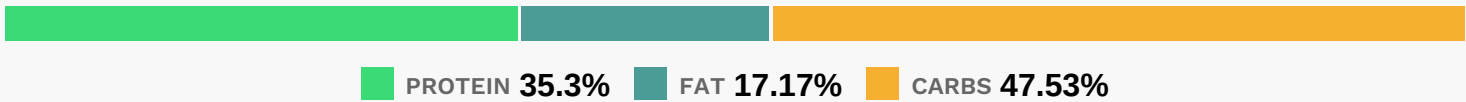
☐ frying pan

☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook angel hair pasta until it is al dente, about 8 to 10 minutes.
- ☐ Drain, and set aside.
- ☐ In a large skillet, heat oil over medium-high heat.
- ☐ Saute the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.
- ☐ Toss sauce with hot cooked angel hair pasta to coat.
- ☐ Serve with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:18.52, Inflammation Score:-8, Nutrition Score:22.731739044189%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 413.63kcal (20.68%), Fat: 7.75g (11.93%), Saturated Fat: 2.17g (13.53%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 45.01g (16.37%), Sugar: 4.87g (5.42%), Cholesterol: 79.96mg (26.65%), Sodium: 540.42mg (23.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.75%), Selenium: 75.31µg (107.58%), Vitamin B3:

13.91mg (69.57%), Vitamin B6: 1.08mg (54.13%), Phosphorus: 429.1mg (42.91%), Manganese: 0.7mg (35.07%), Potassium: 827.48mg (23.64%), Vitamin B5: 2.07mg (20.74%), Vitamin C: 16.26mg (19.7%), Magnesium: 76.96mg (19.24%), Vitamin A: 939.83IU (18.8%), Vitamin K: 15.28µg (14.55%), Copper: 0.27mg (13.44%), Fiber: 3.31g (13.25%), Zinc: 1.87mg (12.48%), Vitamin B1: 0.17mg (11.66%), Vitamin B2: 0.2mg (11.66%), Calcium: 109.96mg (11%), Iron: 1.59mg (8.86%), Folate: 34.19µg (8.55%), Vitamin E: 1.11mg (7.39%), Vitamin B12: 0.31µg (5.19%)