



## Bow Ties with Chicken, Watercress, and Walnuts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound bow ties plain
- 4 servings fresh-ground pepper black
- 8 tablespoons olive oil
- 2 tablespoons red-wine vinegar
- 4 servings salt
- 4 chicken breasts boneless skinless ()
- 0.3 cup walnuts

5 ounces watercress

## Equipment

bowl

frying pan

pot

## Directions

In a large nonstick frying pan, toast the walnuts over moderate heat, stirring, until lightly browned, about 5 minutes.

Remove the nuts from the pan and chop.

In the same pan, heat 2 tablespoons of the oil over moderate heat. Season the chicken breasts with 1/8 teaspoon each salt and pepper. Cook the breasts until browned and just done, 4 to 5 minutes per side.

Remove the chicken from the pan and let rest for 5 minutes before cutting the meat into chunks.

In a medium glass or stainless-steel bowl, combine the remaining 6 tablespoons oil, the vinegar, 3/4 teaspoon salt, and 1/4 teaspoon pepper.

Add the chicken.

In a large pot of boiling, salted water, cook the bow ties until just done, about 15 minutes.

Drain the pasta and toss it with the walnuts, the chicken-and-vinaigrette mixture, and the watercress.

Serve warm.

Wine Recommendation: This simple, flexible dish can go with either a red or a white wine. For a red, try a Beaujolais-Villages from France. If you prefer a white wine, look for something equally simple and fruity, such as an Albario from Spain.

## Nutrition Facts

  
 PROTEIN 20.57%  FAT 52.44%  CARBS 26.99%

## Properties

Glycemic Index:31.5, Glycemic Load:17.26, Inflammation Score:-8, Nutrition Score:27.615217561307%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 8.16mg, Kaempferol: 8.16mg, Kaempferol: 8.16mg, Kaempferol: 8.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

## Nutrients (% of daily need)

Calories: 656.03kcal (32.8%), Fat: 38.18g (58.74%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 41.54g (15.11%), Sugar: 1.84g (2.04%), Cholesterol: 72.32mg (24.11%), Sodium: 344.18mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.39%), Selenium: 72.8µg (103.99%), Vitamin K: 106.16µg (101.1%), Vitamin B3: 12.93mg (64.66%), Vitamin B6: 1.03mg (51.26%), Manganese: 0.97mg (48.65%), Phosphorus: 400.22mg (40.02%), Vitamin E: 4.73mg (31.55%), Vitamin A: 1167.19IU (23.34%), Magnesium: 82.75mg (20.69%), Vitamin C: 16.76mg (20.31%), Potassium: 709.05mg (20.26%), Vitamin B5: 2.02mg (20.21%), Copper: 0.38mg (18.95%), Vitamin B1: 0.19mg (12.57%), Vitamin B2: 0.2mg (12.02%), Zinc: 1.8mg (11.99%), Fiber: 2.67g (10.68%), Iron: 1.71mg (9.51%), Calcium: 70.93mg (7.09%), Folate: 27.49µg (6.87%), Vitamin B12: 0.23µg (3.77%)