



## Brooklyn Girl's Penne Arrabbiata

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



547 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups bread crumbs
- 28 ounce canned tomatoes diced with garlic and olive oil canned
- 1 pound chicken breast cutlets thin
- 2 eggs
- 1 bunch basil fresh chopped
- 6 cloves garlic sliced
- 1 teaspoon garlic powder
- 0.5 cup olive oil divided

- 12 ounce penne pasta dried
- 1 teaspoon pepper
- 1 teaspoon pepper flakes red
- 1 teaspoon salt
- 0.5 cup tomato sauce

## Equipment

- bowl
- frying pan
- whisk
- pot

## Directions

- Heat 1/4 cup of olive oil in a large skillet over medium heat.
- Add the garlic, and saute for a few minutes.
- Sprinkle in the red pepper flakes, and saute for another minute.
- Pour in the diced tomatoes and tomato sauce, and add the basil. Simmer for about 20 minutes, stirring occasionally.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add penne pasta, and cook for 8 minutes, or until tender.
- Drain.
- In a small bowl, whisk eggs with a fork.
- Place bread crumbs in a separate bowl. Stir the garlic powder, salt and pepper into the bread crumbs. Dip chicken cutlets into the egg, then press into the bread crumbs until completely coated.
- Heat remaining olive oil in a large skillet over medium heat. Fry chicken for about 5 minutes per side, or until the coating is a nice dark brown color.
- Remove chicken, and cut into slices. Toss the chicken slices into the sauce, and simmer for about 10 minutes. Stir in the cooked penne, simmer for a few more minutes to soak up the flavor, then serve.

# Nutrition Facts

PROTEIN 24.06% FAT 16.83% CARBS 59.11%

## Properties

Glycemic Index:43.67, Glycemic Load:20.43, Inflammation Score:-7, Nutrition Score:29.116521959719%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 546.98kcal (27.35%), Fat: 10.23g (15.75%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 80.86g (26.95%), Net Carbohydrates: 74.27g (27.01%), Sugar: 10.42g (11.58%), Cholesterol: 102.94mg (34.31%), Sodium: 1040.9mg (45.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.81%), Selenium: 75.15µg (107.36%), Vitamin B3: 13.15mg (65.73%), Manganese: 1.25mg (62.49%), Vitamin B6: 0.99mg (49.46%), Phosphorus: 411.14mg (41.11%), Vitamin B1: 0.57mg (37.82%), Copper: 0.58mg (28.85%), Iron: 5.16mg (28.68%), Potassium: 978.2mg (27.95%), Fiber: 6.58g (26.34%), Magnesium: 99.53mg (24.88%), Vitamin B2: 0.41mg (24.27%), Vitamin B5: 2.21mg (22.08%), Vitamin E: 3mg (20.01%), Folate: 79.06µg (19.77%), Vitamin C: 15.69mg (19.02%), Vitamin K: 18.86µg (17.96%), Zinc: 2.43mg (16.21%), Calcium: 148.66mg (14.87%), Vitamin A: 645.98IU (12.92%), Vitamin B12: 0.41µg (6.8%), Vitamin D: 0.37µg (2.46%)