



## Chicken and Artichoke Pasta

READY IN



30 min.

SERVINGS



5

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14 ounces artichoke hearts rinsed drained quartered canned
- 4 cups farfalle pasta uncooked
- 14 ounces tomatoes diced with roasted garlic, undrained canned
- 2 tablespoons chicken broth
- 1 pound chicken tenderloins cut into 1-inch pieces
- 2 teaspoons cornstarch
- 1 tablespoon basil dried fresh thinly sliced
- 0.5 pound mushrooms fresh sliced
- 0.5 pound mushrooms fresh sliced

- 0.5 cup spring onion chopped
- 2 tablespoons olive oil divided
- 0.5 cup parmesan shaved
- 0.3 teaspoon salt
- 2 teaspoons water cold

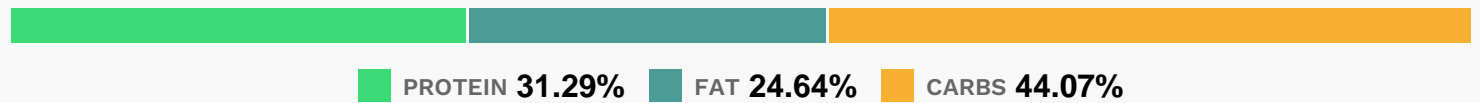
## Equipment

- frying pan

## Directions

- Cook pasta according to package directions. Meanwhile, in a large skillet, saute chicken in 1 tablespoon oil until no longer pink.
- Remove and keep warm.
- In the same skillet, saute mushrooms and onions in remaining oil until tender; add wine, stirring to loosen browned bits from pan. Reduce heat to medium. Stir in the tomatoes, artichokes, salt and chicken. Cook and stir for 4–5 minutes or until heated through.
- Combine cornstarch and water until smooth. Gradually stir into pan. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in basil.
- Drain pasta; serve with chicken mixture and cheese.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:15.3, Inflammation Score:-6, Nutrition Score:26.514347905698%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 430.45kcal (21.52%), Fat: 11.73g (18.05%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 42.2g (15.34%), Sugar: 5.93g (6.59%), Cholesterol: 64.98mg (21.66%), Sodium: 820.48mg (35.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.07%), Selenium: 70.26µg (100.38%), Vitamin B3: 14.25mg (71.25%), Vitamin B6: 0.96mg (47.8%), Phosphorus: 449.96mg (45%), Vitamin K: 40.49µg (38.56%), Vitamin B2: 0.58mg (34.25%), Manganese: 0.66mg (32.87%), Vitamin B5: 3.01mg (30.11%), Potassium: 939.44mg (26.84%), Copper: 0.54mg (26.82%), Fiber: 5.03g (20.11%), Magnesium: 78.12mg (19.53%), Calcium: 185.91mg (18.59%), Iron: 3.17mg (17.62%), Vitamin C: 12.26mg (14.86%), Vitamin B1: 0.22mg (14.78%), Zinc: 2.16mg (14.41%), Vitamin E: 1.75mg (11.64%), Folate: 43.62µg (10.91%), Vitamin A: 303.96IU (6.08%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.32µg (2.15%)