



 **22%**  
HEALTH SCORE

## Chicken and Asparagus Pasta Toss

READY IN



45 min.

SERVINGS



7

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups asparagus (1-inch)
- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 28 ounce canned tomatoes diced drained canned
- 6 ounce chicken tenderloins (such as Louis Rich)
- 1 teaspoon pepper red crushed
- 1 tablespoon hot sauce
- 2 teaspoons olive oil
- 2 cups onion chopped

- 1 teaspoon paprika
- 3 ounces parmesan fresh
- 1 pound rotini pasta uncooked (corkscrew pasta)
- 0.3 teaspoon salt

## Equipment

- bowl
- dutch oven

## Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- Combine pasta and oil in a large bowl, and toss well.
- Melt butter in a Dutch oven over medium heat; add asparagus, onion, hot sauce, and red pepper. Cook 5 minutes or until asparagus is crisp-tender, stirring frequently. Stir in pasta, salt, black pepper, chicken, and tomatoes; cook 2 minutes or until thoroughly heated. Stir in cheese; sprinkle with paprika.

## Nutrition Facts



**PROTEIN 20.92%** **FAT 17.43%** **CARBS 61.65%**

## Properties

Glycemic Index:37.57, Glycemic Load:23.17, Inflammation Score:-8, Nutrition Score:23.018695668034%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 17.31mg, Quercetin: 17.31mg, Quercetin: 17.31mg, Quercetin: 17.31mg

## Nutrients (% of daily need)

Calories: 408.23kcal (20.41%), Fat: 8.03g (12.35%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 63.92g (21.31%), Net Carbohydrates: 57.48g (20.9%), Sugar: 9.91g (11.01%), Cholesterol: 28.11mg (9.37%), Sodium: 529.29mg (23.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Selenium: 53.79µg (76.85%),

Manganese: 0.98mg (48.86%), Phosphorus: 339.78mg (33.98%), Vitamin K: 31.92µg (30.4%), Vitamin B6: 0.58mg (28.88%), Vitamin B3: 5.74mg (28.69%), Copper: 0.54mg (26.9%), Fiber: 6.43g (25.74%), Vitamin C: 18.72mg (22.69%), Calcium: 224.13mg (22.41%), Potassium: 776.81mg (22.19%), Iron: 3.96mg (22.02%), Vitamin A: 1059.88IU (21.2%), Magnesium: 82.49mg (20.62%), Vitamin B1: 0.27mg (17.95%), Vitamin E: 2.63mg (17.51%), Folate: 67.18µg (16.8%), Vitamin B2: 0.26mg (15.55%), Zinc: 2.11mg (14.08%), Vitamin B5: 1.22mg (12.24%), Vitamin B12: 0.2µg (3.3%)