



Chicken and Asparagus with Penne Pasta

READY IN



50 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh trimmed
- 2 tablespoons butter
- 1 pound chicken breast tenderloins
- 1 pinch garlic salt to taste
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 1 pound penne pasta uncooked
- 1 pinch lawry's seasoned salt to taste

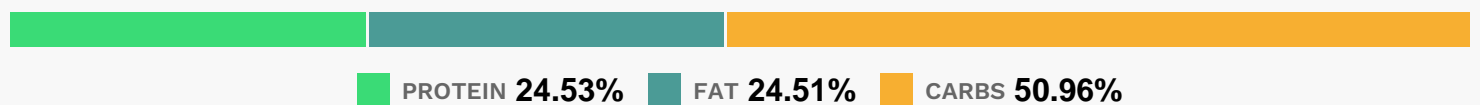
Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cover a baking sheet with aluminum foil.
- Spread the chicken breast tenderloins on the baking sheet and sprinkle with garlic salt and seasoned salt.
- Bake chicken in the preheated oven until no longer pink in the center and the juices run clear, about 15 minutes. Set aside; when cool enough to handle, cut tenderloins into bite-size pieces.
- Fill a large pot with lightly salted water, bring to a boil, and stir in penne. Cook pasta at a boil, stirring occasionally, until penne are cooked through but still slightly firm, about 11 minutes; drain.
- Transfer penne back to cooking pot and stir in butter and Parmesan cheese until pasta is coated.
- Heat olive oil in a skillet over medium heat; place asparagus into the hot oil and sprinkle with garlic salt. Cook and stir until asparagus are tender, about 7 minutes.
- Transfer penne pasta into a large serving bowl and top with asparagus and chicken tenderloin pieces. Lightly mix asparagus and chicken into the pasta to serve.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:23.12, Inflammation Score:-7, Nutrition Score:21.930869636328%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 474.03kcal (23.7%), Fat: 12.81g (19.71%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 59.9g (19.97%), Net Carbohydrates: 55.9g (20.33%), Sugar: 3.45g (3.83%), Cholesterol: 62.04mg (20.68%), Sodium: 209.68mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.69%), Selenium: 75.21µg (107.45%), Vitamin B3: 9.91mg (49.57%), Manganese: 0.83mg (41.38%), Vitamin B6: 0.75mg (37.29%), Phosphorus: 368.49mg (36.85%), Vitamin K: 34.88µg (33.22%), Copper: 0.38mg (19.17%), Magnesium: 71.86mg (17.96%), Potassium: 609.85mg (17.42%), Vitamin B5: 1.63mg (16.29%), Iron: 2.93mg (16.26%), Fiber: 4.01g (16.03%), Vitamin B1: 0.23mg (15.06%), Vitamin A: 746.87IU (14.94%), Vitamin B2: 0.24mg (14.32%), Folate: 56.33µg (14.08%), Zinc: 2.1mg (13.98%), Vitamin E: 1.88mg (12.55%), Calcium: 75.81mg (7.58%), Vitamin C: 5.14mg (6.23%), Vitamin B12: 0.22µg (3.59%)