



Chicken and Onions Over Linguini

READY IN



40 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 3 sprigs thyme sprigs fresh
- 1 clove garlic minced
- 4 spring onion separated cut into 1/4-inch pieces, white and green parts
- 4 servings pepper black to taste
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 onion cut into large dice
- 1 cup parmesan cheese grated
- 8 ounce soup noodles

- 2 chicken breast halves boneless skinless cut into 1/4-inch pieces

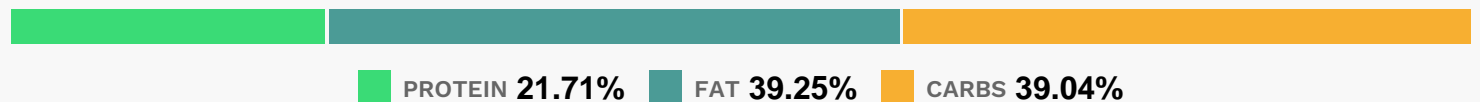
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly-salted water to a boil. Cook the linguine in the boiling water until tender but still firm to the bite, about 11 minutes.
- Drain, reserving about 3/4 cup of the pasta water.
- Place the drained pasta in a large bowl.
- Melt the butter with the olive oil in a large skillet over low heat. Cook the diced onion and white parts of the green onion in the butter and oil for about 10 minutes.
- Stir the green parts of the green onions, the chicken, thyme, and garlic into the onions and continue cooking until the onions are translucent and the chicken is no longer pink in the center, about 10 minutes more.
- Stir the reserved pasta water into the mixture and remove from the heat. Season with salt and pepper.
- Pour the mixture over the drained pasta and toss to coat.
- Sprinkle the Parmesan cheese over the pasta and stir.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:17.89, Inflammation Score:-8, Nutrition Score:18.753043651581%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 509.05kcal (25.45%), Fat: 22.07g (33.95%), Saturated Fat: 8.94g (55.86%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 46.65g (16.96%), Sugar: 2.99g (3.32%), Cholesterol: 72.96mg (24.32%), Sodium: 554.83mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.94%), Selenium: 63.05µg (90.08%), Phosphorus: 400.51mg (40.05%), Vitamin B3: 6.99mg (34.97%), Manganese: 0.64mg (32.13%), Vitamin K: 30.43µg (28.98%), Vitamin B6: 0.58mg (28.83%), Calcium: 257.28mg (25.73%), Zinc: 2.33mg (15.55%), Magnesium: 60.34mg (15.08%), Potassium: 465.41mg (13.3%), Vitamin B5: 1.19mg (11.9%), Vitamin B2: 0.2mg (11.81%), Vitamin A: 564.57IU (11.29%), Fiber: 2.74g (10.96%), Copper: 0.22mg (10.88%), Vitamin E: 1.54mg (10.27%), Iron: 1.49mg (8.27%), Vitamin C: 6.4mg (7.76%), Vitamin B12: 0.46µg (7.71%), Vitamin B1: 0.12mg (7.7%), Folate: 27.46µg (6.86%), Vitamin D: 0.18µg (1.21%)