



Chicken and Orzo Skillet Dinner

READY IN



35 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby spinach leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.8 cup feta cheese crumbled
- ☐ 12 ounces orzo pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-sized pieces
- ☐ 2 cups tomatoes chopped (2 medium)
- ☐ 2 teaspoons no-salt-added tomato paste

☐ 8 cups water

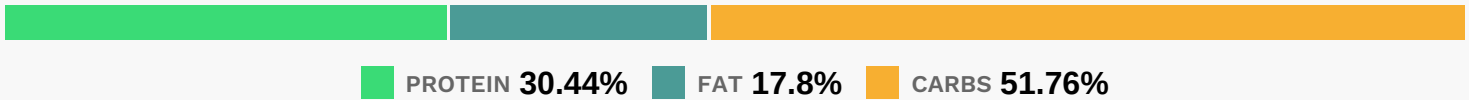
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add chicken. Saut 6 minutes, turning to brown all sides.
- ☐ Remove chicken from pan; keep warm.
- ☐ Bring 8 cups water to a boil in a large saucepan.
- ☐ Add orzo; cook 8 minutes or until orzo is al dente.
- ☐ Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Add reserved cooking liquid, chopped tomato, tomato paste, 1/2 teaspoon salt, and peppers to skillet; cook over medium-high heat for 2 minutes.
- ☐ Add chicken, pasta, and 3 cups spinach leaves, stirring until spinach wilts.
- ☐ Remove from heat; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:26.9, Inflammation Score:-9, Nutrition Score:34.122174086778%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 541.4kcal (27.07%), Fat: 10.56g (16.24%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 69.08g (23.03%), Net Carbohydrates: 64.73g (23.54%), Sugar: 4.71g (5.23%), Cholesterol: 97.61mg (32.54%), Sodium: 820.94mg (35.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.63g (81.27%), Selenium: 94.7µg (135.28%), Vitamin K: 116.19µg (110.66%), Vitamin B3: 14.28mg (71.4%), Vitamin B6: 1.2mg (60.25%), Vitamin A: 3003.68IU (60.07%), Manganese: 1.12mg (56.08%), Phosphorus: 526mg (52.6%), Magnesium: 112.46mg (28.11%), Potassium: 965.8mg (27.59%), Vitamin B2: 0.47mg (27.39%), Vitamin B5: 2.34mg (23.44%), Vitamin C: 18.55mg (22.48%), Copper: 0.45mg (22.48%), Folate: 84.12µg (21.03%), Calcium: 208.75mg (20.87%), Zinc: 2.99mg (19.95%), Fiber: 4.35g (17.41%), Vitamin B1: 0.24mg (16.01%), Iron: 2.67mg (14.81%), Vitamin B12: 0.7µg (11.7%), Vitamin E: 1.44mg (9.63%), Vitamin D: 0.23µg (1.51%)