



Chicken and Pasta Fresca

READY IN



20 min.

SERVINGS



4

CALORIES



636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz baby spinach fresh
- 0.5 cup balsamic vinaigrette
- 2 oz feta cheese crumbled
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 8 oz rotini pasta uncooked
- 2 cups rotisserie chicken cut chopped (from 2 lb-chicken)
- 2 cups tomatoes chopped

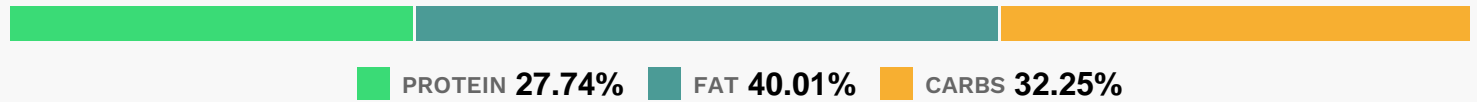
Equipment

- bowl
- frying pan

Directions

- Cook and drain pasta as directed on package.
- Meanwhile, in 12-inch nonstick skillet, heat oil over medium-high heat. Cook onion in oil about 2 minutes, stirring frequently.
- Add dressing, tomatoes and chicken. Cook 2 to 3 minutes, stirring occasionally, until hot. Stir in spinach; cook 1 to 2 minutes or until spinach starts to wilt.
- In large serving bowl, toss pasta with chicken mixture. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:18.54, Inflammation Score:-10, Nutrition Score:23.873913106711%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 635.88kcal (31.79%), Fat: 28.22g (43.42%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 47.2g (17.16%), Sugar: 5.5g (6.11%), Cholesterol: 126.18mg (42.06%), Sodium: 879.16mg (38.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.03g (88.06%), Vitamin K: 213.78µg (203.6%), Vitamin A: 4668.3IU (93.37%), Selenium: 38.49µg (54.98%), Manganese: 1.02mg (50.8%), Vitamin C: 23.64mg (28.65%), Folate: 112.21µg (28.05%), Phosphorus: 199.45mg (19.94%), Magnesium: 76.53mg (19.13%), Potassium: 578.31mg (16.52%), Fiber: 3.98g (15.94%), Vitamin B6: 0.31mg (15.36%), Vitamin B2: 0.25mg (14.92%), Calcium: 138.92mg (13.89%), Copper: 0.28mg (13.77%), Iron: 2.24mg (12.47%), Vitamin E: 1.86mg (12.41%), Zinc: 1.59mg (10.62%), Vitamin B1: 0.14mg (9.52%), Vitamin B3: 1.88mg (9.39%), Vitamin B5: 0.5mg (5%), Vitamin B12: 0.24µg

(3.99%)