



Chicken and Pasta Stir-Fry

READY IN



30 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces farfalle pasta uncooked (bow-tie)
- 1 pound asparagus cut into 2-inch pieces (3 cups)
- 2 medium onion sliced
- 1.5 cups chicken broth ready-to-serve
- 2 cups chicken cubed
- 3 tablespoons basil dried fresh chopped
- 3 tablespoons sun-dried olives chopped (not oil-packed)
- 0.3 teaspoon pepper
- 1 serving parmesan cheese freshly grated

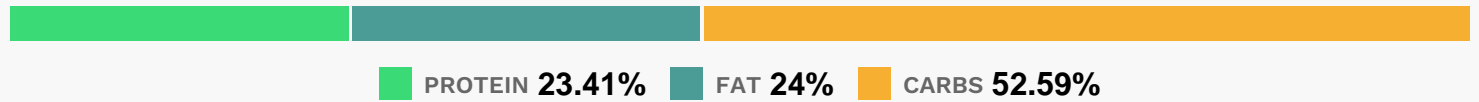
Equipment

- frying pan

Directions

- Cook and drain pasta as directed on package.
- Spray 12-inch skillet with cooking spray; heat over medium heat. Cook asparagus, onions and 1 cup of the broth in skillet 5 to 7 minutes, stirring occasionally, until liquid has evaporated.
- Add chicken; stir-fry about 5 minutes to heat through.
- Stir in remaining 1/2 cup broth, the basil, tomatoes, pepper and pasta. Cook about 2 minutes, stirring frequently, until mixture is hot.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:10.8, Inflammation Score:-8, Nutrition Score:22.629130379013%

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: 9.22mg, Isorhamnetin: 9.22mg, Isorhamnetin: 9.22mg, Isorhamnetin: 9.22mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 27.02mg, Quercetin: 27.02mg, Quercetin: 27.02mg, Quercetin: 27.02mg

Nutrients (% of daily need)

Calories: 262.01kcal (13.1%), Fat: 7.23g (11.12%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 29.78g (10.83%), Sugar: 7.07g (7.85%), Cholesterol: 28.63mg (9.54%), Sodium: 489.66mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.71%), Vitamin K: 101.21µg (96.39%), Manganese: 0.94mg (47.07%), Selenium: 27.99µg (39.98%), Iron: 6.3mg (34.98%), Phosphorus: 241.21mg (24.12%), Fiber: 5.85g (23.39%), Copper: 0.46mg (23.24%), Folate: 88.47µg (22.12%), Vitamin B2: 0.36mg (20.98%), Vitamin B3: 4.19mg (20.93%), Vitamin A: 1018.77IU (20.38%), Calcium: 190.51mg (19.05%), Potassium: 662.69mg (18.93%), Magnesium: 74.15mg (18.54%), Vitamin B6: 0.36mg (18.17%), Vitamin B1: 0.27mg (18.14%), Vitamin C: 12.35mg (14.97%), Zinc: 2.14mg (14.24%), Vitamin E: 1.8mg (12.01%), Vitamin B5: 0.88mg (8.85%), Vitamin B12: 0.2µg (3.38%)