



Chicken and Pasta With Vegetables

READY IN



33 min.

SERVINGS



6

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus fresh
- 1 pound chicken breast tenders
- 16 oz farfalle pasta (bow-tie pasta)
- 0.3 cup green onions chopped (2 onions)
- 2 tablespoons olive oil
- 1 oz parmesan cheese shredded
- 0.5 teaspoon pepper freshly ground
- 1 medium size bell pepper red cut into thin strips
- 1 teaspoon salt

10 oz sun-dried tomato pesto

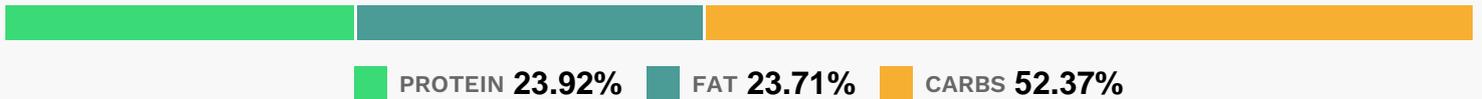
Equipment

frying pan

Directions

- Prepare farfalle according to package directions.
- Cut chicken tenders into bite-size pieces, and sprinkle with salt and freshly ground pepper. Saut chicken in 2 Tbsp. hot oil in a large skillet over medium-high heat 6 to 7 minutes or until done.
- Meanwhile, snap off and discard tough ends of asparagus.
- Cut asparagus into 2-inch pieces.
- Saut onions in 2 Tbsp. hot oil in a large skillet over medium heat 1 to 2 minutes or until softened. Increase heat to medium-high, add asparagus and bell pepper, and saut 5 to 6 minutes.
- Stir in pesto. Cook, stirring occasionally, 2 to 3 minutes or until thoroughly heated.
- Remove from heat; stir in pasta and chicken, and sprinkle with Parmesan cheese and, if desired, sliced black olives.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:23.5, Inflammation Score:-9, Nutrition Score:26.163043486035%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 524.53kcal (26.23%), Fat: 13.69g (21.06%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 67.99g (22.66%), Net Carbohydrates: 61.91g (22.51%), Sugar: 8.19g (9.1%), Cholesterol: 55.38mg (18.46%), Sodium: 992.82mg (43.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.06g (62.12%), Selenium: 74.83µg (106.89%), Vitamin B3: 10.14mg (50.7%), Manganese: 0.88mg (43.81%), Vitamin K: 44.44µg (42.32%), Vitamin B6: 0.81mg (40.37%), Vitamin C: 33.11mg (40.13%), Phosphorus: 380.7mg (38.07%), Vitamin A: 1599.3IU (31.99%), Fiber: 6.09g (24.34%), Iron: 3.66mg (20.33%), Copper: 0.39mg (19.63%), Magnesium: 75.89mg (18.97%), Potassium: 661.05mg (18.89%), Folate: 68.09µg (17.02%), Vitamin B5: 1.7mg (17%), Vitamin B1: 0.24mg (15.97%), Vitamin B2: 0.26mg (15.51%), Calcium: 144.89mg (14.49%), Zinc: 2.11mg (14.08%), Vitamin E: 2.1mg (14.01%), Vitamin B12: 0.21µg (3.46%)