



Chicken-and-Spinach Pasta With Sun-Dried Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup caesar dressing fat-free
- ☐ 2.5 cups farfalle pasta hot cooked uncooked (2 cups bow tie pasta)
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 cup roasted boneless skinless cubed (1 breast)
- ☐ 10 ounce leaf spinach frozen dry thawed drained
- ☐ 0.3 cup oil-packed sun-dried tomato halves

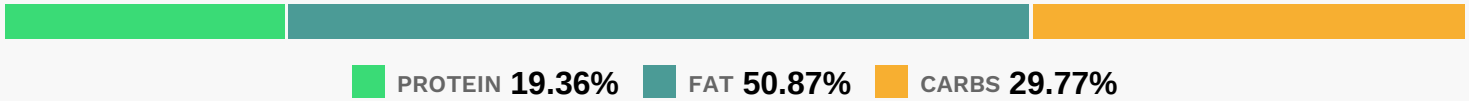
Equipment

- ☐ bowl
- ☐ microwave
- ☐ colander

Directions

- ☐ Drain tomatoes in a colander over a bowl, reserving 1 tablespoon oil.
- ☐ Combine tomatoes, oil, pasta, and remaining ingredients in a bowl; toss well. Microwave at HIGH 2 minutes or until warm.
- ☐ Note: One 10-ounce bag of fresh spinach may be substituted for the frozen spinach, if desired.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:26.666086785171%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 365.5kcal (18.27%), Fat: 20.86g (32.09%), Saturated Fat: 4.14g (25.91%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 23.76g (8.64%), Sugar: 4.13g (4.58%), Cholesterol: 40.28mg (13.43%), Sodium: 576.47mg (25.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.73%), Vitamin K: 376.32µg (358.4%), Vitamin A: 6782.51IU (135.65%), Manganese: 0.99mg (49.41%), Selenium: 32.15µg (45.92%), Folate: 149.26µg (37.32%), Vitamin C: 23.15mg (28.06%), Vitamin B3: 5.34mg (26.68%), Vitamin B6: 0.49mg (24.36%), Magnesium: 94.37mg (23.59%), Potassium: 813.4mg (23.24%), Phosphorus: 230.06mg (23.01%), Iron: 3.88mg (21.58%), Vitamin E: 2.96mg (19.72%), Calcium: 182.12mg (18.21%), Fiber: 3.71g (14.84%), Vitamin B2: 0.24mg (14.38%), Copper: 0.27mg (13.47%), Vitamin B1: 0.13mg (8.94%), Zinc: 1.29mg (8.57%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.17µg (2.81%)