



Chicken Artichoke Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounces artichoke hearts rinsed halved drained canned
- 0.5 cup broccoli florets fresh
- 0.5 cup cherry tomatoes halved
- 0.3 cup chicken broth reduced-sodium
- 6 ounces fettuccine barilla uncooked
- 2 teaspoons flour all-purpose
- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 1 tablespoon parsley fresh minced

- 2 garlic clove minced
- 0.3 cup chicken broth reduced-sodium
- 3 teaspoons olive oil divided
- 0.5 teaspoon oregano dried
- 1 tablespoon parmesan shredded
- 0.5 teaspoon salt
- 1 pound chicken breast boneless skinless cut into thin strips

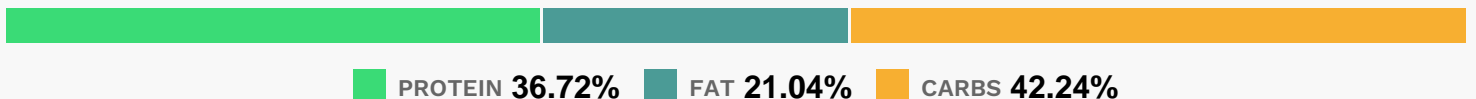
Equipment

- frying pan

Directions

- Cook fettuccine according to package directions. Meanwhile, in a large nonstick skillet coated with cooking spray, cook chicken in 2 teaspoons oil over medium heat until no longer pink.
- Remove and keep warm.
- In the same skillet, cook and stir broccoli in remaining oil for 2 minutes. Stir in the mushrooms, tomatoes and garlic; cook 2 minutes longer.
- Add the artichokes, salt and oregano; heat through.
- Combine the flour with broth and wine or additional broth until smooth; stir into the pan. Bring to a boil; cook and stir for 1–2 minutes or until thickened.
- Add parsley and reserved chicken.
- Drain fettuccine; add to chicken mixture and toss to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:13.75, Inflammation Score:-6, Nutrition Score:22.458695815957%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 369.82kcal (18.49%), Fat: 8.46g (13.01%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 34.42g (12.51%), Sugar: 2.85g (3.16%), Cholesterol: 109.54mg (36.51%), Sodium: 902.58mg (39.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.43%), Selenium: 73.33µg (104.76%), Vitamin B3: 14.1mg (70.51%), Vitamin B6: 1.03mg (51.3%), Phosphorus: 392.19mg (39.22%), Vitamin K: 32.37µg (30.83%), Vitamin B5: 2.48mg (24.79%), Manganese: 0.49mg (24.56%), Vitamin C: 18.06mg (21.89%), Potassium: 709.42mg (20.27%), Vitamin B2: 0.29mg (17.33%), Magnesium: 63.04mg (15.76%), Fiber: 3.8g (15.18%), Copper: 0.27mg (13.64%), Vitamin B1: 0.2mg (13.06%), Zinc: 1.78mg (11.85%), Iron: 1.86mg (10.32%), Folate: 34.61µg (8.65%), Vitamin E: 1.07mg (7.11%), Vitamin B12: 0.39µg (6.56%), Vitamin A: 321.11IU (6.42%), Calcium: 53.29mg (5.33%), Vitamin D: 0.3µg (1.97%)