



Chicken-Asparagus Pasta

READY IN



45 min.

SERVINGS



2

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound asparagus
- 0.3 teaspoon pepper red crushed
- 2 garlic cloves minced
- 0.1 teaspoon ground pepper black
- 4 ounces pasta uncooked
- 1 tablespoon olive oil
- 3 tablespoons preshredded parmesan cheese fresh
- 0.3 teaspoon salt
- 8 ounce chicken breast halves boneless skinless

4 quarts water

Equipment

bowl

grill pan

Directions

Bring water to a boil; add pasta, and cook 6 minutes.

Snap off tough ends of asparagus.

Add asparagus to pasta and water; cook 2 minutes.

Drain, reserving 1/4 cup cooking liquid.

Cook chicken in a grill pan coated with cooking spray 6 to 7 minutes on each side or until done. Cool chicken slightly.

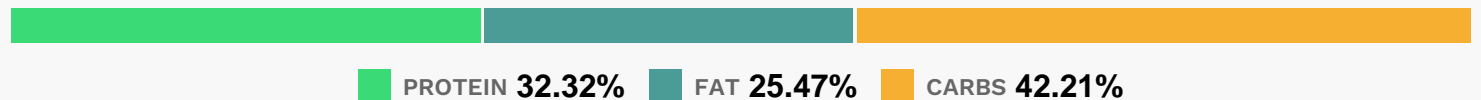
Cut chicken into strips.

Combine 1 tablespoon olive oil and next 4 ingredients in a small bowl.

Combine pasta mixture and olive oil mixture.

Add sliced chicken, cheese, and reserved liquid; toss well.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:18.03, Inflammation Score:-8, Nutrition Score:28.440869507582%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg

Nutrients (% of daily need)

Calories: 459.08kcal (22.95%), Fat: 12.92g (19.88%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 43.8g (15.93%), Sugar: 3.75g (4.17%), Cholesterol: 77.67mg (25.89%), Sodium: 647.46mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.76%), Selenium: 76.9µg (109.86%), Vitamin B3: 13.97mg (69.86%), Vitamin B6: 1.08mg (54.13%), Vitamin K: 52.32µg (49.83%), Phosphorus: 461.85mg (46.19%), Manganese: 0.79mg (39.44%), Copper: 0.73mg (36.37%), Magnesium: 98.98mg (24.75%), Potassium: 800.67mg (22.88%), Vitamin B5: 2.23mg (22.27%), Iron: 3.79mg (21.07%), Vitamin A: 1024.96IU (20.5%), Vitamin B2: 0.34mg (19.89%), Calcium: 197.43mg (19.74%), Vitamin B1: 0.3mg (19.7%), Folate: 74.42µg (18.6%), Vitamin E: 2.68mg (17.89%), Fiber: 4.38g (17.51%), Zinc: 2.51mg (16.75%), Vitamin C: 8.65mg (10.48%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.15µg (1.01%)