



Chicken Asparagus Pasta with Cream Sauce

READY IN



35 min.

SERVINGS



8

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh sliced
- ☐ 0.3 cup corn oil
- ☐ 4 cloves garlic minced
- ☐ 8 servings ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 16 ounce linguini pasta fresh
- ☐ 4 roma tomatoes chopped
- ☐ 1 teaspoon salt

- ☐ 4 chicken breast halves boneless skinless cubed
- ☐ 0.5 cup white wine

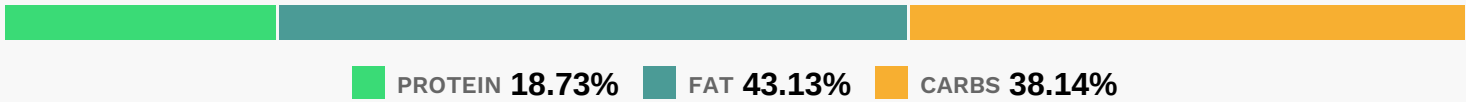
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat corn oil in a skillet over medium heat. Cook and stir chicken and garlic until chicken is no longer pink in the center and juices run clear, 4 to 6 minutes.
- ☐ Transfer chicken to a plate.
- ☐ Pour wine in the same skillet and simmer, about 2 minutes.
- ☐ Stir cream into simmering wine; reduce heat and simmer until large bubbles appear, 2 to 4 minutes.
- ☐ Cook and stir chicken, tomatoes, salt, and black pepper into cream mixture until all ingredients are warmed, 2 minutes.
- ☐ Bring a large pot of lightly salted water to a boil. Stir in pasta and asparagus; cook until pasta floats to the top, about 3 minutes.
- ☐ Drain.
- ☐ Toss pasta and asparagus together with chicken and cream sauce. Top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:17.87, Inflammation Score:-8, Nutrition Score:20.144782885261%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.27mg,

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 516.44kcal (25.82%), Fat: 24.28g (37.36%), Saturated Fat: 9.07g (56.7%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 44.88g (16.32%), Sugar: 4.43g (4.92%), Cholesterol: 75.21mg (25.07%), Sodium: 480.74mg (20.9%), Alcohol: 1.54g (100%), Alcohol %: 0.74% (100%), Protein: 23.72g (47.44%), Selenium: 58.53µg (83.62%), Vitamin B3: 7.65mg (38.24%), Manganese: 0.72mg (35.75%), Phosphorus: 324.77mg (32.48%), Vitamin B6: 0.62mg (31.1%), Vitamin K: 31.45µg (29.95%), Vitamin A: 1195.89IU (23.92%), Vitamin E: 2.67mg (17.8%), Potassium: 581.31mg (16.61%), Copper: 0.32mg (15.85%), Magnesium: 62.41mg (15.6%), Vitamin B2: 0.26mg (15.17%), Fiber: 3.43g (13.74%), Vitamin B5: 1.35mg (13.46%), Iron: 2.38mg (13.22%), Vitamin B1: 0.19mg (12.75%), Zinc: 1.87mg (12.44%), Folate: 48.38µg (12.09%), Calcium: 111.01mg (11.1%), Vitamin C: 8.75mg (10.6%), Vitamin B12: 0.25µg (4.08%), Vitamin D: 0.56µg (3.76%)