



Chicken-Asparagus Rotini

READY IN



15 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz rotini pasta whole wheat uncooked
- ☐ 1 lb chicken breast boneless skinless cut into 1/4-inch strips
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup asparagus fresh
- ☐ 2 cups cherry tomatoes cut in half
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons balsamic vinegar

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 oz goat cheese crumbled (goat)

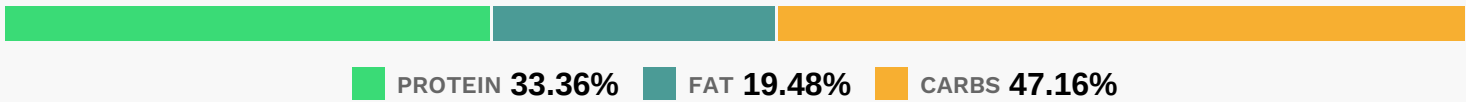
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta as directed on package, omitting salt and oil; drain.
- ☐ Meanwhile, spray 12-inch skillet with cooking spray; heat over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken and asparagus to skillet; cook 5 minutes, stirring frequently, or until chicken is no longer pink in center.
- ☐ Add tomatoes and garlic to skillet; cook 1 minute, stirring frequently.
- ☐ Remove from heat. Stir in pasta, basil, vinegar and oil.
- ☐ Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:12.05, Inflammation Score:-6, Nutrition Score:15.889999892401%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 279.68kcal (13.98%), Fat: 5.95g (9.16%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.35g (11.04%), Sugar: 3.52g (3.91%), Cholesterol: 50.56mg (16.85%), Sodium: 308.55mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.89%), Selenium: 49.13µg (70.18%), Vitamin B3: 9.05mg (45.23%), Vitamin B6: 0.71mg (35.26%), Phosphorus: 270.99mg (27.1%), Manganese: 0.5mg (25.16%), Vitamin C: 13.91mg (16.87%), Potassium: 532.85mg (15.22%), Vitamin K: 15.42µg (14.68%), Vitamin B5: 1.41mg

(14.07%), Copper: 0.25mg (12.65%), Magnesium: 49.65mg (12.41%), Vitamin A: 519.37IU (10.39%), Iron: 1.78mg (9.91%), Vitamin B2: 0.16mg (9.44%), Vitamin B1: 0.14mg (9.2%), Fiber: 2.1g (8.4%), Zinc: 1.23mg (8.19%), Folate: 28.98µg (7.24%), Vitamin E: 1.07mg (7.12%), Calcium: 34.47mg (3.45%), Vitamin B12: 0.16µg (2.67%)