



## Chicken Bolognese with Penne

READY IN



60 min.

SERVINGS



6

CALORIES



518 kcal

SAUCE

### Ingredients

- 0.5 cup carrots finely chopped
- 0.5 cup celery finely chopped
- 1 pinch chili flakes
- 0.5 cup cooking wine dry white
- 0.3 cup parsley leaves fresh chopped
- 4 cloves garlic minced
- 1 pound ground chicken
- 2 tablespoons olive oil
- 0.5 cup parmesan grated plus more for garnish

- 1 pound penne pasta
- 0.5 cup onion red finely chopped
- 6 servings salt and pepper black freshly ground
- 1 tablespoon thyme leaves
- 0.5 cup sacramento tomato juice
- 2 cups tomato sauce

## Equipment

- bowl
- frying pan
- wooden spoon

## Directions

- Heat a large saute pan over high heat.
- Add the olive oil and heat. When the oil is hot, add the ground chicken and cook until well browned, stirring occasionally, about 8 minutes.
- Add the onion, garlic, carrots, celery, thyme, and chili flakes and cook until the vegetables are softened, about 5 to 8 minutes. Carefully deglaze the pan with the white wine, scraping the bottom of the pan with a wooden spoon. Reduce until the white wine is almost completely evaporated.
- Add the tomato sauce and juice and simmer until a thick sauce consistency, about 20 minutes. Season, to taste, with salt and pepper.
- Cook the penne in boiling, salted water until al dente.
- Drain the pasta and set aside.
- Add a few tablespoons of the pasta cooking water to the sauce.
- Add the drained pasta to the sauce along with the Parmesan and toss well.
- Serve in a large bowl garnished with parsley leaves.

## Nutrition Facts



PROTEIN 21.95% FAT 25.71% CARBS 52.34%

## Properties

Glycemic Index:67.53, Glycemic Load:25.42, Inflammation Score:-10, Nutrition Score:25.292173811923%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.66mg, Apigenin: 5.66mg, Apigenin: 5.66mg, Apigenin: 5.66mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 518.18kcal (25.91%), Fat: 14.45g (22.23%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 66.16g (22.05%), Net Carbohydrates: 61.45g (22.35%), Sugar: 7.13g (7.92%), Cholesterol: 70.68mg (23.56%), Sodium: 590.38mg (25.67%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 27.75g (55.5%), Selenium: 58.34µg (83.34%), Vitamin A: 2601.55IU (52.03%), Vitamin K: 51.61µg (49.15%), Manganese: 0.94mg (47.18%), Phosphorus: 380.15mg (38.02%), Vitamin B6: 0.68mg (34.16%), Vitamin B3: 6.71mg (33.54%), Potassium: 980.16mg (28%), Magnesium: 83.44mg (20.86%), Vitamin C: 17.12mg (20.75%), Copper: 0.41mg (20.4%), Vitamin B2: 0.34mg (20.16%), Fiber: 4.7g (18.82%), Zinc: 2.77mg (18.48%), Iron: 3.1mg (17.25%), Vitamin B5: 1.6mg (15.96%), Calcium: 156.63mg (15.66%), Vitamin E: 2.34mg (15.61%), Vitamin B1: 0.21mg (13.71%), Folate: 38.54µg (9.64%), Vitamin B12: 0.52µg (8.72%)