



## Chicken Caesar Pasta

READY IN



50 min.

SERVINGS



8

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 8 ounce caesar dressing
- 0.5 teaspoon ground pepper black
- 0.5 cup parmesan cheese grated
- 1 pound penne pasta dry
- 0.3 cup red wine vinegar
- 1 head romaine lettuce dried shredded rinsed
- 0.3 teaspoon salt
- 6 chicken breast halves boneless skinless cut into 1 inch cubes

1 large tomatoes chopped

## Equipment

bowl

frying pan

pot

## Directions

Bring a large pot of lightly salted water to a boil.

Add penne pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in a large skillet over medium heat.

Add chicken, pepper and salt. Cook 10 minutes or until chicken is cooked through.

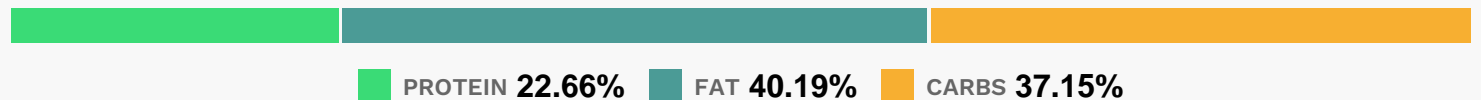
Remove skillet from heat.

In a bowl, mix together salad dressing, vinegar and cheese. Toss together pasta, chicken, lettuce, and dressing mixture.

Place in large serving bowl, and sprinkle with tomato.

Garnish with croutons and Parmesan curls, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:17.27, Inflammation Score:-10, Nutrition Score:28.538695540117%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 518.61kcal (25.93%), Fat: 22.89g (35.22%), Saturated Fat: 5.04g (31.48%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 43.7g (15.89%), Sugar: 3.85g (4.27%), Cholesterol: 74.5mg (24.83%), Sodium: 646.06mg

(28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.09%), Vitamin A: 7138.63IU (142.77%), Vitamin K: 112.43µg (107.08%), Selenium: 65.93µg (94.19%), Vitamin B3: 10.2mg (51.01%), Vitamin B6: 0.8mg (40.2%), Phosphorus: 360.3mg (36.03%), Manganese: 0.72mg (35.78%), Folate: 124.44µg (31.11%), Potassium: 711.94mg (20.34%), Magnesium: 68.85mg (17.21%), Vitamin B5: 1.63mg (16.31%), Fiber: 3.9g (15.62%), Iron: 2.25mg (12.51%), Vitamin E: 1.87mg (12.44%), Copper: 0.25mg (12.28%), Zinc: 1.82mg (12.11%), Vitamin B2: 0.2mg (11.81%), Vitamin B1: 0.17mg (11.65%), Calcium: 114.57mg (11.46%), Vitamin C: 7.39mg (8.95%), Vitamin B12: 0.27µg (4.42%)