



Chicken Caesar Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 teaspoon pepper black divided
- 0.8 cup breadcrumbs fresh toasted
- 3 anchovies canned drained finely chopped
- 2 cups cherry tomatoes halved
- 1 cup chicken stock see unsalted divided (such as Swanson)
- 6 ounces farfalle pasta uncooked
- 1.5 tablespoons flour all-purpose
- 3.5 tablespoons parsley fresh divided chopped
- 4 teaspoons garlic fresh minced

- 0.8 teaspoon kosher salt divided
- 0.5 teaspoon lemon rind grated
- 0.3 cup mascarpone cheese
- 1 tablespoon olive oil
- 1 cup shallots thinly sliced
- 12 ounces chicken breasts boneless skinless cut into bite-sized pieces
- 8 cups torn swiss chard

Equipment

- bowl
- frying pan
- oven
- dutch oven

Directions

- Cook pasta according to package directions, omitting salt and fat, and adding Swiss chard to pasta during last 2 minutes of cooking; drain.
- Heat a Dutch oven over medium-high heat; coat with cooking spray.
- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Add chicken to pan; saut 4 minutes, turning to brown on all sides.
- Combine 1/4 cup stock and flour.
- Add flour mixture and 3/4 cup stock to pan; bring to a boil. Cook 2 minutes.
- Remove from heat; stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, mascarpone, and 2 tablespoons parsley.
- Preheat the oven to 45
- Combine breadcrumbs, 1 1/2 tablespoons chopped fresh parsley, garlic, lemon rind, and anchovies.
- Combine tomatoes, shallots, and olive oil.
- Bake tomato mixture at 450 for 15 minutes.

Combine the pasta, tomato mixture, and chicken mixture, and cook for 1 minute. Spoon about 1 cup pasta into each of 6 bowls; sprinkle evenly with breadcrumbs.

Nutrition Facts



PROTEIN 24.19% **FAT 27.51%** **CARBS 48.3%**

Properties

Glycemic Index:45.5, Glycemic Load:11.72, Inflammation Score:-10, Nutrition Score:27.06782612075%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 376.42kcal (18.82%), Fat: 11.49g (17.68%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 41.24g (15%), Sugar: 7.15g (7.94%), Cholesterol: 51.69mg (17.23%), Sodium: 708.68mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.48%), Vitamin K: 441.58µg (420.55%), Vitamin A: 3572.33IU (71.45%), Selenium: 43.79µg (62.56%), Vitamin B3: 9.02mg (45.08%), Manganese: 0.82mg (41%), Vitamin C: 33.58mg (40.7%), Vitamin B6: 0.76mg (38.06%), Phosphorus: 277.26mg (27.73%), Magnesium: 92.72mg (23.18%), Potassium: 800.87mg (22.88%), Vitamin B1: 0.29mg (19.32%), Iron: 3.39mg (18.83%), Copper: 0.33mg (16.69%), Fiber: 4.14g (16.57%), Vitamin B2: 0.25mg (14.45%), Folate: 57.76µg (14.44%), Vitamin B5: 1.32mg (13.17%), Vitamin E: 1.79mg (11.92%), Calcium: 110.02mg (11%), Zinc: 1.49mg (9.96%), Vitamin B12: 0.18µg (2.97%)