



Chicken, Leeks, and Plum Tomatoes with Linguine

READY IN



45 min.

SERVINGS



5

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups pasta hot cooked uncooked (12 ounces pasta)
- ☐ 0.3 cup vermouth dry
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 3 cups leek thinly sliced (3 large)
- ☐ 1 cup low-salt chicken broth
- ☐ 2 ounces parmesan cheese fresh shredded finely
- ☐ 0.1 teaspoon pepper

- ☐ 29 ounce plum tomatoes undrained chopped canned
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

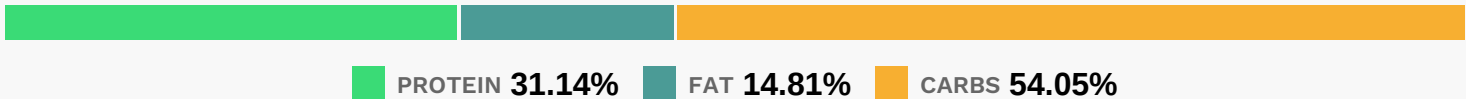
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ Remove from skillet; cool and cut into thin slices. Set aside.
- ☐ Add broth and vermouth to skillet, scraping pan to loosen browned bits.
- ☐ Add leek and garlic; saut 10 minutes over medium-high heat or until tender. Stir in chicken and tomatoes; reduce heat, and simmer 5 minutes.
- ☐ Combine tomato mixture, linguine, and cheese in a large bowl, and toss well. Spoon into bowls; sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:24.58, Inflammation Score:-9, Nutrition Score:28.799999879754%

Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 460.36kcal (23.02%), Fat: 7.42g (11.42%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 60.98g (20.33%), Net Carbohydrates: 55.34g (20.12%), Sugar: 7.4g (8.22%), Cholesterol: 65.77mg (21.92%), Sodium: 438.16mg

(19.05%), Alcohol: 1.14g (100%), Alcohol %: 0.27% (100%), Protein: 35.13g (70.26%), Selenium: 70.74µg (101.06%), Vitamin B3: 11.94mg (59.71%), Vitamin B6: 1.05mg (52.7%), Manganese: 0.99mg (49.61%), Vitamin A: 2460.53IU (49.21%), Vitamin K: 45.22µg (43.07%), Phosphorus: 430.27mg (43.03%), Vitamin C: 31.06mg (37.65%), Potassium: 951.33mg (27.18%), Fiber: 5.63g (22.53%), Iron: 4.05mg (22.48%), Magnesium: 89.9mg (22.47%), Calcium: 206.26mg (20.63%), Folate: 74.58µg (18.65%), Copper: 0.37mg (18.62%), Vitamin B5: 1.75mg (17.46%), Zinc: 2.01mg (13.4%), Vitamin B2: 0.22mg (13.1%), Vitamin B1: 0.19mg (12.65%), Vitamin E: 1.68mg (11.19%), Vitamin B12: 0.36µg (6.08%)