



Chicken-Pasta-Mushroom Dish

READY IN



45 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bay leaves
- 4 cups ziti hot tube-shaped cooked uncooked ()
- 1 teaspoon thyme dried
- 0.8 cup wine dry white
- 0.8 cup fat-skimmed beef broth fat-free
- 2 tablespoons flour all-purpose
- 2 garlic clove minced
- 0.7 cup milk 1% low-fat
- 2 cups mushrooms sliced

- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.5 teaspoon salt
- 2 pounds chicken thighs boneless skinless

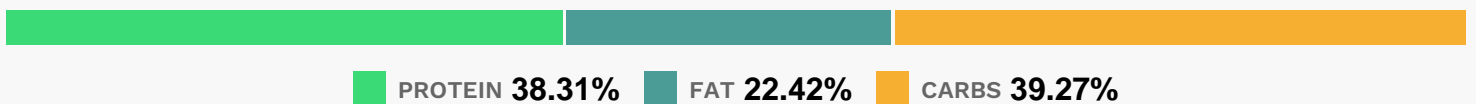
Equipment

- frying pan
- whisk

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; saut 5 minutes on each side.
- Remove from pan.
- Add mushrooms, onion, and garlic to pan; saut 5 minutes. Return chicken to pan.
- Add wine, broth, thyme, salt, and bay leaves; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Discard bay leaves.
- Combine milk and flour, stirring with a whisk. Stir milk mixture into pan; bring to a boil. Reduce heat; simmer 3 minutes or until thick, stirring often. Stir in pasta.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:21.57, Inflammation Score:-7, Nutrition Score:29.822173740553%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 622.23kcal (31.11%), Fat: 14.44g (22.22%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 56.93g (18.98%),
Net Carbohydrates: 53.61g (19.49%), Sugar: 6.72g (7.47%), Cholesterol: 217.42mg (72.47%), Sodium: 692.35mg
(30.1%), Alcohol: 4.64g (100%), Alcohol %: 1.15% (100%), Protein: 55.53g (111.06%), Selenium: 97.15µg (138.78%),
Vitamin B3: 16.04mg (80.21%), Phosphorus: 650.59mg (65.06%), Vitamin B6: 1.27mg (63.35%), Vitamin B2: 0.73mg
(43.14%), Vitamin B5: 3.99mg (39.87%), Manganese: 0.79mg (39.72%), Zinc: 4.9mg (32.69%), Vitamin B12: 1.8µg
(29.93%), Potassium: 1020.17mg (29.15%), Magnesium: 103.75mg (25.94%), Vitamin B1: 0.38mg (25.12%), Copper:
0.49mg (24.57%), Iron: 3.65mg (20.29%), Fiber: 3.32g (13.27%), Vitamin K: 13.45µg (12.81%), Folate: 44.98µg
(11.24%), Calcium: 107.6mg (10.76%), Vitamin E: 1.02mg (6.81%), Vitamin C: 4.58mg (5.56%), Vitamin D: 0.53µg
(3.52%), Vitamin A: 145.05IU (2.9%)