



Chicken Pasta Primavera

READY IN



20 min.

SERVINGS



2

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 garlic cloves minced
- 2 teaspoons olive oil
- 1 onion sliced
- 1 teaspoon oregano dried
- 2 tablespoons parmesan cheese grated
- 4 ounces chicken breast boneless skinless cut into strips
- 2 cups tomatoes chopped
- 4 ounces whole-grain pasta dried
- 1 medium zucchini sliced lengthwise cut into ribbons

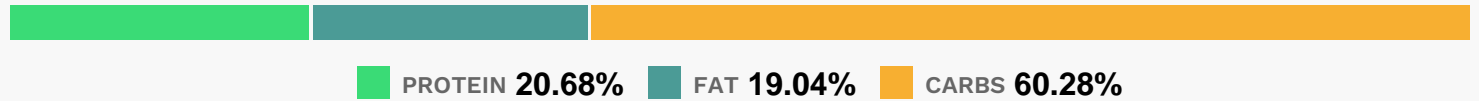
Equipment

frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Heat oil in a nonstick skillet over medium heat.
- Add chicken; cook 5 minutes.
- Add onion, garlic, oregano, salt, pepper, and tomatoes to pan; cook 8 to 10 minutes.
- Combine chicken mixture, pasta, and zucchini ribbons; toss gently. Top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:89.25, Glycemic Load:29.12, Inflammation Score:-9, Nutrition Score:19.602174004783%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

Nutrients (% of daily need)

Calories: 398.38kcal (19.92%), Fat: 8.61g (13.25%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 53.06g (19.29%), Sugar: 9.8g (10.89%), Cholesterol: 40.64mg (13.55%), Sodium: 181.98mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Vitamin C: 44.13mg (53.49%), Vitamin B6: 0.84mg (42%), Vitamin B3: 7.39mg (36.93%), Fiber: 8.27g (33.08%), Vitamin A: 1515.94IU (30.32%), Selenium: 21.05µg (30.07%), Manganese: 0.55mg (27.61%), Potassium: 938.88mg (26.83%), Phosphorus: 248.08mg (24.81%), Vitamin K: 25.1µg (23.91%), Folate: 61.39µg (15.35%), Magnesium: 59.85mg (14.96%), Vitamin B2: 0.22mg (12.91%), Vitamin B5: 1.26mg (12.6%), Vitamin E: 1.83mg (12.19%), Vitamin B1: 0.17mg (11.53%), Calcium: 114.42mg (11.44%), Copper: 0.2mg (9.92%), Iron: 1.58mg (8.78%), Zinc: 1.28mg (8.57%), Vitamin B12: 0.18µg (3.01%)