



Chicken Pasta Primavera

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 onion vertically sliced
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 4 ounces chicken breast boneless skinless cooked sliced into 1/2-inch strips

- ☐ 2 cups tomatoes chopped
- ☐ 1 zucchini sliced lengthwise into ribbons
- ☐ 0.5 cup whole-grain rotini uncooked

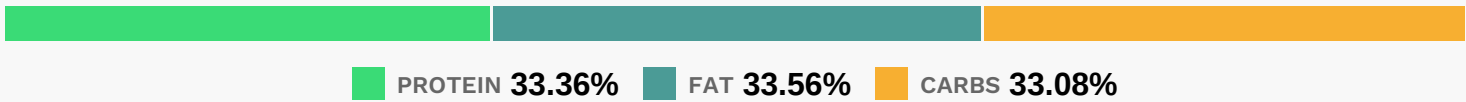
Equipment

- ☐ 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 tomato to pan; cook 8 to 10 minutes.
- ☐ Combine chicken mixture, pasta, and zucchini ribbons; toss gently. Top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:3.41, Inflammation Score:-9, Nutrition Score:18.966956586941%

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: 196.2kcal (9.81%), Fat: 7.6g (11.7%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 12.61g (4.58%), Sugar: 8.79g (9.77%), Cholesterol: 40.64mg (13.55%), Sodium: 317.22mg (13.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Vitamin C: 44.13mg (53.49%), Vitamin B6: 0.84mg (42.01%), Vitamin B3: 7.39mg (36.94%), Vitamin A: 1516.63IU (30.33%), Selenium: 21.06µg (30.08%),

Manganese: 0.57mg (28.42%), Potassium: 940.57mg (26.87%), Phosphorus: 248.28mg (24.83%), Vitamin K: 25.31µg (24.1%), Fiber: 4.25g (17.02%), Folate: 61.41µg (15.35%), Magnesium: 60.06mg (15.02%), Vitamin B2: 0.22mg (12.92%), Vitamin B5: 1.26mg (12.62%), Vitamin E: 1.83mg (12.2%), Vitamin B1: 0.17mg (11.54%), Calcium: 115.06mg (11.51%), Copper: 0.2mg (10.01%), Iron: 1.59mg (8.85%), Zinc: 1.29mg (8.58%), Vitamin B12: 0.18µg (3.01%)