



Chicken Pasta - Shannon Style

READY IN



35 min.

SERVINGS



8

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 eggs
- ☐ 1 pound farfalle pasta (bow tie)
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 pint grape tomatoes
- ☐ 0.5 bell pepper green chopped
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 4 tablespoons olive oil divided
- ☐ 1 onion chopped

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 bell pepper red chopped
- ☐ 1 cup greek salad dressing
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 2 tablespoons water
- ☐ 0.5 bell pepper yellow chopped

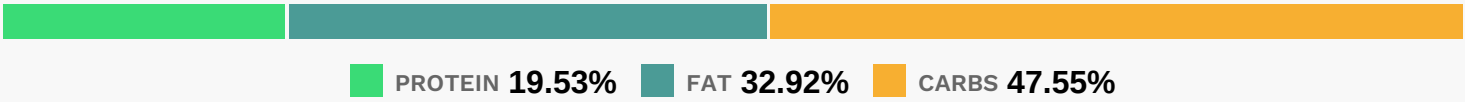
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil, and stir in the pasta. Cook 8 to 10 minutes, until al dente, and drain.
- ☐ Heat 3 tablespoons olive oil in a skillet over medium heat.
- ☐ Whisk together the egg and water in a bowl.
- ☐ Place bread crumbs in a separate bowl. Dip chicken pieces first into the egg mixture, then into the bread crumbs to coat.
- ☐ Place coated chicken pieces in the skillet, and cook 5 minutes on each side, or until coating is golden brown and juices run clear.
- ☐ Drain on paper towels.
- ☐ Heat remaining 1 tablespoon olive oil in a separate skillet over medium heat.
- ☐ Mix in garlic, onion, green bell pepper, red bell pepper, yellow bell pepper, and mushrooms. Cook and stir until vegetables are tender.
- ☐ In a large bowl, toss the pasta, chicken, and vegetables with the Greek dressing.
- ☐ Serve topped with tomatoes and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:17.8, Inflammation Score:-7, Nutrition Score:21.741739226424%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 517.13kcal (25.86%), Fat: 18.76g (28.87%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 57.44g (20.89%), Sugar: 7.55g (8.38%), Cholesterol: 62.33mg (20.78%), Sodium: 681.84mg (29.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.09%), Selenium: 62.86µg (89.79%), Vitamin C: 35.66mg (43.23%), Vitamin B3: 8.43mg (42.17%), Manganese: 0.78mg (38.93%), Vitamin B6: 0.67mg (33.29%), Phosphorus: 329.73mg (32.97%), Vitamin K: 31.17µg (29.69%), Vitamin B1: 0.27mg (18.3%), Potassium: 569.93mg (16.28%), Magnesium: 63.84mg (15.96%), Vitamin E: 2.26mg (15.06%), Vitamin B2: 0.24mg (14.34%), Vitamin B5: 1.43mg (14.29%), Copper: 0.29mg (14.28%), Fiber: 3.56g (14.22%), Vitamin A: 662.22IU (13.24%), Zinc: 1.86mg (12.37%), Iron: 2.16mg (12.01%), Folate: 47.46µg (11.87%), Calcium: 113.43mg (11.34%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.21µg (1.4%)