



 **16%**  
HEALTH SCORE

## Chicken Pasta With Anchovy Rosemary Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 ounces anchovy in oil
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- 1 chicken breast boneless
- 4 tablespoons rosemary leaves fresh
- 1 large clove garlic peeled roughly chopped
- 0.5 juice of lemon
- 4 servings kosher salt
- 3 tablespoons olive oil

- 1 tablespoon poultry seasoning
- 0.5 teaspoon pepper red
- 0.5 pound pasta like spaghetti

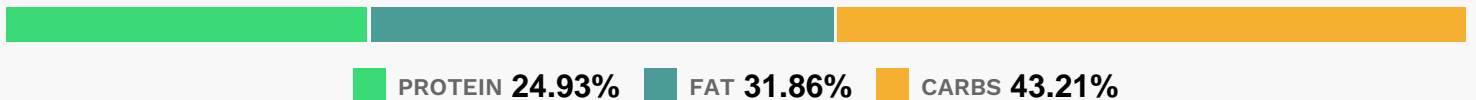
## Equipment

- food processor
- frying pan
- pot

## Directions

- Place garlic, anchovies (with their oil), rosemary and lemon juice in a food processor. Blend until fairly smooth.
- Add lemon juice followed by olive oil and continue to blend until smooth. Cover and set aside. Season chicken with red pepper flakes, poultry seasoning and a pinch of kosher salt. Set aside. Start a pot of water boiling for the pasta.
- Add a pinch of salt. Once boiling, cook pasta to desired doneness, approximately 6–9 minutes for al dente. As pasta cooks, drizzle a bit of olive oil in a wide pan. When hot, add the chicken and cook until no longer pink inside, approximately 5–7 minutes.
- Drain pasta and drop the noodles directly into the pan with the chicken.
- Add anchovy sauce and toss to coat.
- Sprinkle with fresh parsley if desired.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:17.09, Inflammation Score:-6, Nutrition Score:17.16%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg,

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Taste

Sweetness: 27.17%, Saltiness: 100%, Sourness: 38.43%, Bitterness: 38.82%, Savoriness: 97.94%, Fattiness: 96.29%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 413.06kcal (20.65%), Fat: 14.43g (22.2%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 41.72g (15.17%), Sugar: 1.66g (1.85%), Cholesterol: 53.17mg (17.72%), Sodium: 297.48mg (12.93%), Protein: 25.41g (50.83%), Selenium: 64.5µg (92.14%), Vitamin B3: 10.92mg (54.59%), Manganese: 0.65mg (32.69%), Vitamin B6: 0.58mg (29.02%), Phosphorus: 280.37mg (28.04%), Magnesium: 61.21mg (15.3%), Vitamin K: 14.85µg (14.14%), Iron: 2.47mg (13.74%), Potassium: 476.16mg (13.6%), Vitamin E: 1.96mg (13.05%), Copper: 0.26mg (12.94%), Vitamin B5: 1.26mg (12.6%), Zinc: 1.69mg (11.24%), Vitamin B2: 0.17mg (10.1%), Fiber: 2.32g (9.29%), Calcium: 75.34mg (7.53%), Vitamin B1: 0.11mg (7.28%), Folate: 19.42µg (4.85%), Vitamin B12: 0.29µg (4.81%), Vitamin A: 190.34IU (3.81%), Vitamin C: 2.92mg (3.54%)