



Chicken Penne á la Marengo



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 6 oz penne pasta uncooked
- ☐ 1 medium bell pepper green cut into 1-inch pieces (1 cup)
- ☐ 14.5 oz canned tomatoes italian-style undrained canned
- ☐ 0.3 cup wine dry white
- ☐ 1 tablespoon tomato paste
- ☐ 2.3 oz olives ripe drained sliced canned

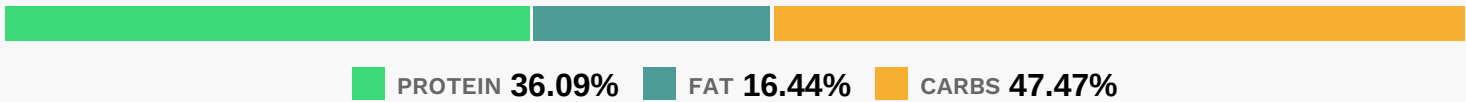
Equipment

☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add chicken; stir-fry 2 to 3 minutes or until brown.
- ☐ Stir in broth; heat to boiling. Stir in pasta and bell pepper.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook 10 minutes, stirring occasionally.
- ☐ Stir in tomatoes, wine and tomato paste. Cook uncovered 5 to 10 minutes, stirring occasionally, until chicken is no longer pink in center and pasta is tender. Sir in olives.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:15.28, Inflammation Score:-7, Nutrition Score:24.165217658748%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 370.75kcal (18.54%), Fat: 6.59g (10.14%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 38.33g (13.94%), Sugar: 7.53g (8.37%), Cholesterol: 74.63mg (24.88%), Sodium: 933.19mg (40.57%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 32.57g (65.13%), Selenium: 64.56µg (92.23%), Vitamin B3: 14.35mg (71.76%), Vitamin B6: 1.15mg (57.58%), Vitamin C: 35.61mg (43.16%), Phosphorus: 368.11mg (36.81%), Manganese: 0.71mg (35.41%), Potassium: 943.99mg (26.97%), Vitamin B5: 2.14mg (21.4%), Copper: 0.41mg (20.55%), Magnesium: 81.51mg (20.38%), Fiber: 4.51g (18.04%), Vitamin E: 2.48mg (16.52%), Vitamin B2: 0.27mg (15.93%), Vitamin B1: 0.23mg (15.53%), Iron: 2.72mg (15.11%), Zinc: 1.7mg (11.3%), Vitamin A: 490.77IU (9.82%), Vitamin K: 8.66µg (8.24%), Folate: 29.63µg (7.41%), Calcium: 67.71mg (6.77%), Vitamin B12: 0.25µg (4.12%)