



 **23%**  
HEALTH SCORE

## Chicken Puttanesca with Angel Hair Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces angel hair pasta uncooked
- 1 tablespoon capers
- 0.3 teaspoon pepper red crushed
- 0.3 cup kalamata olives pitted coarsely chopped
- 2 teaspoons olive oil
- 1 ounce parmesan
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 2 cups tomato basil sauce organic (such as Muir Glen )

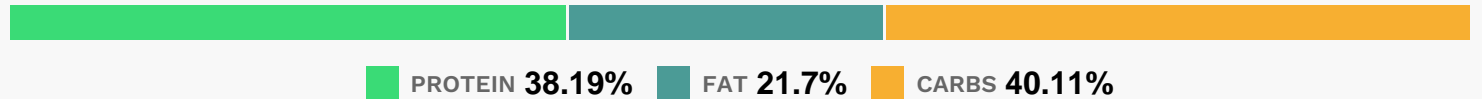
# Equipment

frying pan

# Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain and keep warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Cut chicken into 1-inch pieces.
- Add chicken to pan; sprinkle evenly with salt. Cook chicken 5 minutes or until lightly browned, stirring occasionally. Stir in pasta sauce, olives, capers, and pepper; bring to a simmer. Cook 5 minutes or until chicken is done, stirring frequently. Arrange 1 cup pasta on each of 4 plates; top with 1 1/2 cups chicken mixture.
- Sprinkle each serving with 1 tablespoon cheese.
- Garnish with chopped basil or basil sprigs, if desired.

# Nutrition Facts



# Properties

Glycemic Index:17.25, Glycemic Load:17.08, Inflammation Score:0, Nutrition Score:23.715652408807%

# Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

# Nutrients (% of daily need)

Calories: 507.77kcal (25.39%), Fat: 11.92g (18.34%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 45.35g (16.49%), Sugar: 6.13g (6.81%), Cholesterol: 113.68mg (37.89%), Sodium: 1029.03mg (44.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.19g (94.38%), Selenium: 91.99µg (131.41%), Vitamin B3: 18.77mg (93.86%), Vitamin B6: 1.37mg (68.33%), Phosphorus: 514.46mg (51.45%), Potassium: 969.18mg (27.69%), Manganese: 0.55mg (27.56%), Vitamin B5: 2.7mg (27.04%), Magnesium: 79.18mg (19.79%), Fiber: 4.2g (16.8%), Vitamin B2: 0.23mg (13.66%), Zinc: 2mg (13.31%), Calcium: 130.13mg (13.01%), Copper: 0.23mg (11.56%),

Vitamin A: 554.36IU (11.09%), Vitamin B1: 0.17mg (11.01%), Iron: 1.9mg (10.54%), Vitamin E: 1.08mg (7.17%), Vitamin B12: 0.43µg (7.09%), Vitamin C: 5.13mg (6.22%), Folate: 18.25µg (4.56%), Vitamin K: 2.46µg (2.35%), Vitamin D: 0.21µg (1.37%)