



Chicken Puttanesca with Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons capers
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla fresh refrigerated uncooked
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce parmesan fresh shaved
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 cups tomato basil sauce organic (such as Muir Glen)

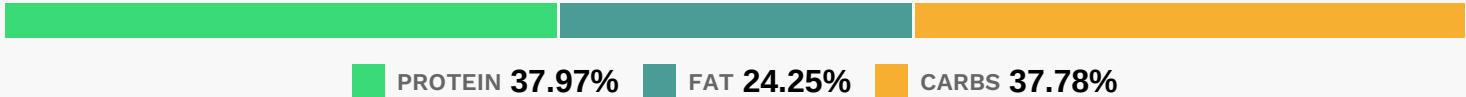
Equipment

☐ 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. 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 basil, if desired.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:17.02, Inflammation Score:0, Nutrition Score:24.730869521265%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 514.91kcal (25.75%), Fat: 13.57g (20.88%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 43.35g (15.76%), Sugar: 5.68g (6.31%), Cholesterol: 161.31mg (53.77%), Sodium: 719.16mg (31.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.8g (95.6%), Selenium: 100.82µg (144.03%), Vitamin B3: 18.99mg (94.96%), Vitamin B6: 1.41mg (70.42%), Phosphorus: 543.85mg (54.38%), Vitamin B5: 2.98mg (29.76%), Potassium: 980.63mg (28.02%), Manganese: 0.51mg (25.73%), Magnesium: 81.67mg (20.42%), Fiber: 4.22g (16.9%), Zinc: 2.28mg (15.21%), Vitamin B2: 0.25mg (14.58%), Vitamin B1: 0.21mg (14.02%), Calcium: 137.48mg (13.75%), Iron: 2.22mg (12.32%), Vitamin A: 588.14IU (11.76%), Copper: 0.23mg (11.59%), Vitamin B12: 0.59µg (9.83%),

Vitamin E: 1.21mg (8.1%), Vitamin C: 5.09mg (6.16%), Folate: 24.26µg (6.07%), Vitamin D: 0.38µg (2.5%), Vitamin K: 2.44µg (2.33%)