



HEALTH SCORE

82%

Chicken Riggies and 'Scarole with Soul



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil thinly sliced
- ☐ 4 servings bell pepper black
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 6 cherry peppers pickled in jar italian hot
- ☐ 1 cup chicken stock see
- ☐ 0.8 pound chicken tenderloins
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 pieces top

- ☐ 2 heads endive coarsely chopped
- ☐ 6 tablespoons olive oil extra virgin divided
- ☐ 7 to 8 garlic clove divided grated finely chopped
- ☐ 0.3 pound capocolo ham thick cut hot chopped
- ☐ 1 large onion chopped
- ☐ 0.5 cup parmigiano reggiano grated plus more to pass at table
- ☐ 3 small cubanelle peppers seeded chopped
- ☐ 1 pound rigatoni
- ☐ 3 roasted peppers red chopped
- ☐ 4 servings salt
- ☐ 0.8 pound chicken thighs boneless skinless

Equipment

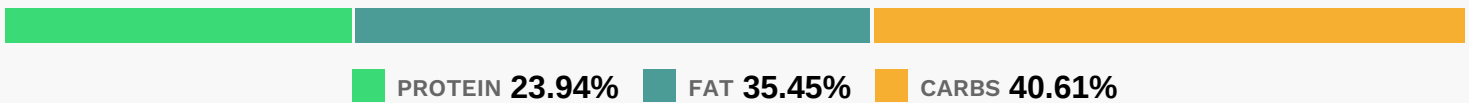
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of water to a boil for "riggies". Salt water and cook pasta to al dente. Heads up: you will need to reserve cup of cooking water just before you drain the pasta.
- ☐ Trim up the thighs and chop all the chicken into bite size pieces. Season the chicken with salt and pepper.
- ☐ Heat 3 tablespoons extra-virgin olive oil in a large high sided skillet over medium-high to high heat.
- ☐ Add chicken to hot pan and brown all over, 7 to 8 minutes then remove.
- ☐ Add onions, 3 to 4 cloves of garlic, cubanelle peppers then season with salt and pepper and cook 6 to 7 minutes to soften then add roasted red peppers.
- ☐ Cut tops off the hot peppers and scoop out the seeds with a teaspoon then chop the hot peppers and add them to the skillet. Stir in tomatoes and add chicken back to the sauce. Bring sauce to a bubble then stir in some starchy cooking water from the pasta – about a cup, then add the cream, twice around the pan, about 1/3 to 1/2 cup. Reduce heat to lowest setting and simmer a couple of minutes.

- ☐ Add pasta and 1/2 cup cheese and toss to combine.
- ☐ While the chicken and peppers are cooking, heat 3 tablespoons extra-virgin olive oil in large skillet over medium-high heat.
- ☐ Add chopped ham and cook 2 minutes, add reserved pasta water and garlic and reduce heat a bit.
- ☐ Add greens and wilt down, 2 minutes. Season the greens with salt and pepper, add stock. Simmer greens 5 to 6 minutes and serve.
- ☐ Top the pasta with shredded basil. Pass cheese to top both pasta and greens and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:100.38, Glycemic Load:40.33, Inflammation Score:-10, Nutrition Score:66.137826401254%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 23.02mg, Kaempferol: 23.02mg, Kaempferol: 23.02mg, Kaempferol: 23.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 1189.98kcal (59.5%), Fat: 47.15g (72.54%), Saturated Fat: 13.9g (86.85%), Carbohydrates: 121.57g (40.52%), Net Carbohydrates: 103.95g (37.8%), Sugar: 16.98g (18.87%), Cholesterol: 191.37mg (63.79%), Sodium: 2205.14mg (95.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.65g (143.29%), Vitamin K: 563.59µg (536.76%), Selenium: 134.37µg (191.96%), Manganese: 2.68mg (134.18%), Vitamin A: 6248.98IU (124.98%), Vitamin C: 96.62mg (117.12%), Vitamin B3: 22.13mg (110.65%), Vitamin B6: 2.01mg (100.38%), Folate: 398.88µg (99.72%), Phosphorus: 912.26mg (91.23%), Potassium: 2490.36mg (71.15%), Fiber: 17.62g (70.47%), Vitamin B1: 0.89mg (59.56%), Copper: 1.17mg (58.59%), Vitamin B5: 5.73mg (57.32%), Magnesium: 207.77mg (51.94%), Vitamin E: 7.54mg (50.28%), Vitamin B2: 0.84mg (49.14%), Zinc: 7.33mg (48.89%), Iron: 8.34mg (46.31%), Calcium: 427.39mg (42.74%), Vitamin B12: 1.14µg (18.97%), Vitamin D: 0.73µg (4.86%)