



Chicken Tortellini With Asparagus and Olives

 Gluten Free

READY IN



26 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus fresh
- 20 oz herb-and-chicken tortellini refrigerated
- 0.3 cup green onions chopped (2 onions)
- 2 tablespoons olive oil
- 1 oz parmesan cheese shredded
- 1 medium size bell pepper red cut into thin strips
- 10 oz sun-dried tomato pesto

Equipment

frying pan

Directions

- Prepare tortellini according to package directions.
- Meanwhile, snap off and discard tough ends of asparagus.
- Cut asparagus into 2-inch pieces.
- Saut onions in hot oil in a large skillet over medium heat 1 to 2 minutes or until softened. Increase heat to medium-high, add asparagus and bell pepper, and saut 5 to 6 minutes.
- Stir in pesto. Cook, stirring occasionally, 2 to 3 minutes or until thoroughly heated.
- Remove from heat; stir in pasta, and sprinkle with Parmesan cheese and, if desired, sliced black olives.
- Serve immediately.
- Chicken and Pasta With Vegetables: Substitute 1/2 (16-oz.) package farfalle (bow-tie pasta) for tortellini.
- Cut 1 lb. chicken breast tenders into bite-size pieces, and sprinkle with 1 tsp. salt and 1/2 tsp. freshly ground pepper.
- Saute chicken in 2 Tbsp. hot oil in a large skillet over medium-high heat 6 to 7 minutes or until done. Proceed with recipe as directed, stirring in chicken with pasta in Step Prep: 15 min., Cook: 18 min.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:13.903478238894%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 254.98kcal (12.75%), Fat: 17.41g (26.79%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 7.81g (2.84%), Sugar: 6.17g (6.85%), Cholesterol: 41.01mg (13.67%), Sodium: 544.73mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.15%), Vitamin K: 44.62µg (42.49%), Vitamin C: 32.92mg (39.91%), Vitamin A: 1639.21IU (32.78%), Vitamin B3: 4.05mg (20.27%), Iron: 2.79mg (15.48%), Vitamin B6: 0.29mg (14.61%), Phosphorus: 145.48mg (14.55%), Fiber: 3.62g (14.5%), Folate: 54.15µg (13.54%), Selenium: 9.38µg (13.4%), Vitamin E: 2.01mg (13.39%), Calcium: 129.25mg (12.92%), Vitamin B2: 0.2mg (11.58%), Vitamin B1: 0.15mg (10.01%), Copper: 0.17mg (8.65%), Potassium: 296.18mg (8.46%), Zinc: 1.2mg (7.99%), Manganese: 0.16mg (7.89%), Vitamin B5: 0.71mg (7.07%), Magnesium: 24.95mg (6.24%), Vitamin B12: 0.2µg (3.29%)