



Chicken-Vegetable Spaghetti

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons teaspoons basil dried fresh chopped
- ☐ 15 ounce tomato sauce canned
- ☐ 4 skinned and boned chicken breast halves chopped
- ☐ 16 ounce angel hair pasta cooked
- ☐ 10 mushrooms fresh sliced
- ☐ 3 garlic cloves minced
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 1 large onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 2 tablespoons vegetable oil
- ☐ 3 zucchini chopped

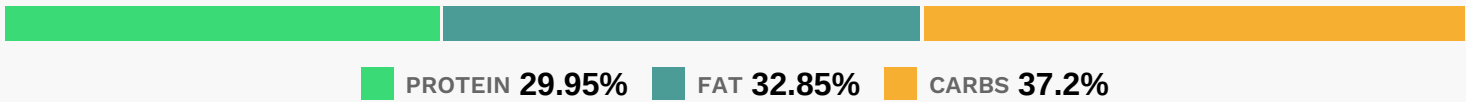
Equipment

- ☐ frying pan

Directions

- ☐ Saut chicken and garlic in hot oil in a large skillet until chicken is done.
- ☐ Add zucchini and onion, and saut 2 to 3 minutes.
- ☐ Add olives and mushrooms, and saut 1 minute.
- ☐ Stir in tomato sauce and next 3 ingredients; cook, stirring occasionally, 3 minutes or until thoroughly heated.
- ☐ Serve over pasta; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:13.2, Inflammation Score:-7, Nutrition Score:22.85695669962%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 371.12kcal (18.56%), Fat: 13.72g (21.1%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 30.38g (11.05%), Sugar: 7.39g (8.21%), Cholesterol: 63.14mg (21.05%), Sodium: 913.03mg (39.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.29%), Selenium: 51.44µg (73.48%), Vitamin B3: 10.6mg (52.99%), Vitamin B6: 0.93mg (46.27%), Phosphorus: 364.47mg (36.45%), Vitamin C: 26.55mg (32.18%), Manganese: 0.6mg (30.07%), Potassium: 948.73mg (27.11%), Vitamin B2: 0.43mg (25.05%), Vitamin B5:

2.15mg (21.47%), Copper: 0.37mg (18.41%), Fiber: 4.58g (18.31%), Magnesium: 72.86mg (18.22%), Vitamin K: 18.3µg (17.43%), Iron: 2.7mg (15.01%), Calcium: 146.77mg (14.68%), Vitamin A: 731.28IU (14.63%), Vitamin E: 2.15mg (14.36%), Zinc: 2.09mg (13.92%), Folate: 50.78µg (12.69%), Vitamin B1: 0.17mg (11.61%), Vitamin B12: 0.59µg (9.92%), Vitamin D: 0.22µg (1.45%)