



Chicken with Linguine, Leeks, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.5 teaspoon basil dried
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 cups leeks sliced (3 medium)

- ☐ 4 ounces pasta uncooked
- ☐ 1 cup low-salt chicken broth
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken piece between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Combine 1/4 teaspoon of salt, garlic powder, and next 4 ingredients; sprinkle over both sides of chicken, and set aside.
- ☐ Coat a large nonstick skillet with cooking spray; add margarine, and place over medium-high heat until margarine melts.
- ☐ Add the chicken, and cook 1 1/2 minutes on each side or until lightly browned.
- ☐ Remove from skillet; set aside.
- ☐ Add leeks and garlic to skillet; cook over medium-high heat 3 minutes or until tender.
- ☐ Add chicken broth and next 3 ingredients; bring to a boil. Break linguine into 2-inch pieces; add linguine and chicken to skillet. Cover and cook over medium-low heat 15 minutes or until pasta is tender.

Nutrition Facts



 **PROTEIN 37.06%**  **FAT 16.44%**  **CARBS 46.5%**

Properties

Glycemic Index:57.75, Glycemic Load:13.51, Inflammation Score:-8, Nutrition Score:26.343912611837%

Flavonoids

Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 341.03kcal (17.05%), Fat: 6.29g (9.68%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 35.77g (13.01%), Sugar: 8.02g (8.91%), Cholesterol: 72.57mg (24.19%), Sodium: 542.38mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Selenium: 55.89µg (79.84%), Vitamin B3: 14.69mg (73.46%), Vitamin B6: 1.24mg (62.22%), Manganese: 0.86mg (43.04%), Vitamin K: 39.67µg (37.78%), Phosphorus: 372.07mg (37.21%), Vitamin A: 1573.31IU (31.47%), Potassium: 978.58mg (27.96%), Vitamin C: 19.64mg (23.8%), Magnesium: 86.87mg (21.72%), Iron: 3.9mg (21.68%), Vitamin B5: 2.14mg (21.4%), Copper: 0.42mg (21.24%), Fiber: 4.29g (17.15%), Folate: 66.51µg (16.63%), Vitamin E: 2.32mg (15.44%), Vitamin B1: 0.22mg (14.82%), Vitamin B2: 0.23mg (13.52%), Zinc: 1.53mg (10.19%), Calcium: 97.82mg (9.78%), Vitamin B12: 0.29µg (4.8%)