



Chicken with Pasta and Sun-Dried Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups spaghetti hot cooked uncooked (8 ounces pasta)
- ☐ 1 teaspoon basil dried
- ☐ 2 tablespoons wine dry white
- ☐ 1 cup chicken broth
- ☐ 1.5 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast cut into thin strips

☐ 1.5 ounces sun-dried olives packed (16)

Equipment

☐ plastic wrap

☐ microwave

Directions

☐ Combine broth and tomatoes in a 1-cup glass measure; cover with heavy-duty plastic wrap, and vent. Microwave at high 3 minutes.

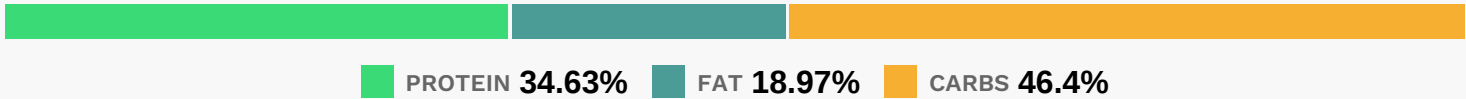
☐ Let stand, covered, 5 minutes.

☐ Drain tomatoes, and finely chop; set aside.

☐ Place chicken and next 5 ingredients (chicken through pepper) in a 2-quart casserole, and stir well. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 4 to 5 minutes or until chicken is done, stirring after 2 minutes.

☐ Add tomatoes, spaghetti, and cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:21.18, Inflammation Score:-5, Nutrition Score:22.04173886776%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 442.88kcal (22.14%), Fat: 9.14g (14.07%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 50.31g (16.77%), Net Carbohydrates: 46.36g (16.86%), Sugar: 4.99g (5.54%), Cholesterol: 82.04mg (27.35%), Sodium: 517.1mg (22.48%), Alcohol: 0.77g (100%), Alcohol %: 0.29% (100%), Protein: 37.55g (75.11%), Selenium: 75.4µg (107.71%), Vitamin B3: 14.19mg (70.95%), Vitamin B6: 0.98mg (48.75%), Phosphorus: 424.32mg (42.43%), Manganese: 0.72mg (35.76%), Potassium: 918.8mg (26.25%), Magnesium: 81.52mg (20.38%), Iron: 3.64mg (20.24%), Vitamin B5: 2.02mg (20.24%), Copper: 0.36mg (18.13%), Fiber: 3.95g (15.81%), Vitamin B2: 0.26mg (15.11%), Zinc: 1.99mg

(13.27%), Calcium: 115.85mg (11.59%), Vitamin B1: 0.16mg (10.6%), Vitamin K: 10.19µg (9.7%), Vitamin C: 5.53mg (6.7%), Vitamin B12: 0.37µg (6.23%), Folate: 24.35µg (6.09%), Vitamin A: 211.23IU (4.22%), Vitamin E: 0.5mg (3.33%), Vitamin D: 0.18µg (1.18%)