



Creamy Chicken and Asparagus Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



878 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb asparagus spears
- ☐ 0.8 lb bow tie pasta
- ☐ 2 Tbsp butter
- ☐ 1 lb chicken breasts boneless skinless trimmed cut into strips 1 1/2 inches by 1/2 inch
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 Tbsp shallots chopped
- ☐ 0.3 cup chicken broth
- ☐ 0.8 cup heavy whipping cream
- ☐ 0.1 teaspoon nutmeg

- ☐ 5 ounces goat cheese
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 Tbsp juice of lemon

Equipment

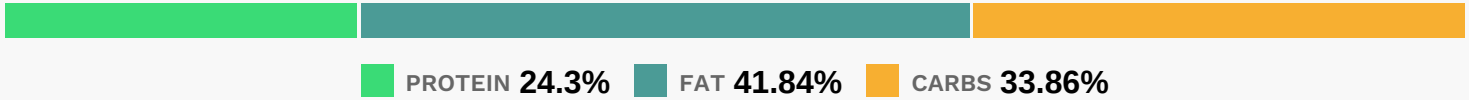
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Blanch the asparagus Bring a large pot of salted water (1 teaspoon salt for every quart of water) to a boil.
- ☐ Add the asparagus and blanch for 1 minute.
- ☐ Remove with a slotted spoon to a bowl and rinse with cold water to stop the cooking. Set aside
- ☐ Cook the pasta: In the same water you used to blanch the asparagus, add the pasta and prepare according to the package instructions for al dente, while cooking the chicken.
- ☐ Reserve a half cup of the cooking water for adding back to the pasta if needed.
- ☐ Heat butter in a large skillet on medium high heat.
- ☐ Add the chicken strips to the pan in an even layer.
- ☐ Sprinkle with salt and pepper to taste. Do not stir, cook until lightly browned on one side.
- ☐ Add shallots, cook for a minute longer.
- ☐ the chicken broth, cream, nutmeg, goat cheese, lemon zest, oregano, thyme, and most of the Parmesan cheese (reserve some Parmesan to sprinkle on top when serving). Cook, stirring, until the cheese has fully melted and incorporated into the cream.
- ☐ Add the blanched asparagus.

- ☐ Let come to a simmer and simmer for a minute.
- ☐ Stir in the lemon juice.
- ☐ Sprinkle with more black pepper to taste.
- ☐ pasta in a serving bowl. Stir in the chicken asparagus cream sauce.
- ☐ Add as much of the reserved pasta cooking water as needed for a creamy texture for the pasta.
- ☐ Serve with reserved grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:26.51, Inflammation Score:-9, Nutrition Score:36.176521384198%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 877.85kcal (43.89%), Fat: 40.79g (62.75%), Saturated Fat: 23.91g (149.42%), Carbohydrates: 74.29g (24.76%), Net Carbohydrates: 68.69g (24.98%), Sugar: 6.84g (7.6%), Cholesterol: 176.61mg (58.87%), Sodium: 820.14mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.3g (106.6%), Selenium: 103.98µg (148.54%), Phosphorus: 741.01mg (74.1%), Vitamin B3: 14.66mg (73.29%), Vitamin B6: 1.23mg (61.51%), Manganese: 1.1mg (54.96%), Vitamin K: 54.39µg (51.8%), Vitamin A: 2317.72IU (46.35%), Copper: 0.78mg (38.98%), Vitamin B2: 0.64mg (37.92%), Calcium: 363.68mg (36.37%), Iron: 5.15mg (28.61%), Potassium: 975.68mg (27.88%), Magnesium: 111.38mg (27.84%), Vitamin B5: 2.77mg (27.7%), Zinc: 4.05mg (27.01%), Vitamin B1: 0.36mg (24.15%), Folate: 90.93µg (22.73%), Fiber: 5.6g (22.39%), Vitamin E: 2.43mg (16.19%), Vitamin C: 10.75mg (13.02%), Vitamin B12: 0.72µg (11.97%), Vitamin D: 1.09µg (7.29%)