

Easy Chicken Pasta

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 16 ounce linguine pasta
- ☐ 6 servings salt and pepper to taste
- ☐ 2 pounds chicken breasts boneless skinless cut into cubes
- ☐ 1 cup white wine

Equipment

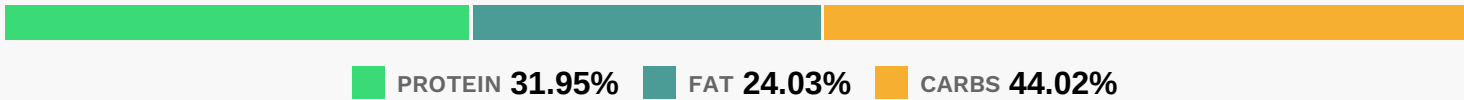
- ☐ frying pan

- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat the olive oil in a large skillet over medium heat. Season the chicken breasts with salt and pepper.
- ☐ Add the chicken and garlic to the skillet. Cook and stir until the chicken is no longer pink in the center, 7 to 10 minutes. Stir in the white wine. Toss the pasta with chicken in the skillet until the chicken is evenly distributed.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:22.99, Inflammation Score:-5, Nutrition Score:22.07130444309%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 567.43kcal (28.37%), Fat: 14.07g (21.64%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 55.54g (20.19%), Sugar: 2.42g (2.69%), Cholesterol: 96.77mg (32.26%), Sodium: 376.15mg (16.35%), Alcohol: 4.12g (100%), Alcohol %: 1.88% (100%), Protein: 42.08g (84.16%), Selenium: 96.42µg (137.74%), Vitamin B3: 17.11mg (85.54%), Vitamin B6: 1.28mg (63.92%), Phosphorus: 469.89mg (46.99%), Manganese: 0.79mg (39.41%), Vitamin B5: 2.51mg (25.07%), Potassium: 762.56mg (21.79%), Magnesium: 83.76mg (20.94%), Zinc: 2.01mg (13.39%), Copper: 0.27mg (13.28%), Vitamin B2: 0.2mg (12.01%), Vitamin B1: 0.17mg (11.32%), Vitamin E:

1.67mg (11.12%), Fiber: 2.45g (9.8%), Iron: 1.73mg (9.6%), Vitamin K: 5.98µg (5.7%), Vitamin B12: 0.3µg (5.04%),
Folate: 20.1µg (5.03%), Calcium: 29.96mg (3%), Vitamin C: 2.28mg (2.77%), Vitamin D: 0.15µg (1.01%)