



Easy Chicken Ragu

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 0.3 cup onion finely chopped
- 0.3 cup celery finely chopped
- 1 teaspoon rosemary dried fresh finely chopped
- 1 clove garlic finely chopped
- 1 lb ground chicken
- 0.3 cup wine dry red
- 12 oz pasta like spaghetti

- 1 tablespoon salt
- 23 oz tomatoes
- 1 serving salt and pepper to taste

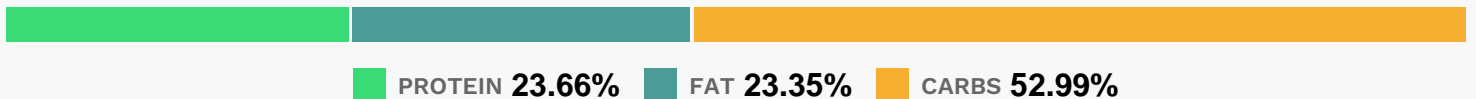
Equipment

- sauce pan
- spatula
- dutch oven

Directions

- Fill 6-quart stockpot or Dutch oven with water; heat to boiling over high heat.
- Meanwhile, in 3-quart saucepan, place oil, onion, carrot and celery; cook over medium heat 2 to 3 minutes or until onion becomes soft. Stir in rosemary and garlic; cook 30 seconds.
- Add chicken; cook 5 minutes, breaking up chicken with large spoon or spatula, until chicken browns.
- Remove from heat; stir in wine. Return to heat; cook 1 minute.
- To boiling water, add spaghetti and 1 tablespoon salt; cook as directed on box.
- Stir marinara sauce into chicken mixture. Reduce heat to medium-low; cook 10 minutes. Taste chicken ragu; if needed, season with salt and pepper.
- Serve chicken ragu over cooked spaghetti.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:28.63, Inflammation Score:-7, Nutrition Score:25.152174244756%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 566.29kcal (28.31%), Fat: 14.49g (22.29%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 73.98g (24.66%), Net Carbohydrates: 68.52g (24.92%), Sugar: 8.59g (9.54%), Cholesterol: 97.52mg (32.51%), Sodium: 2644.03mg (114.96%), Alcohol: 1.58g (100%), Alcohol %: 0.5% (100%), Protein: 33.04g (66.07%), Selenium: 66.48µg (94.98%), Manganese: 1.01mg (50.47%), Vitamin B3: 9.42mg (47.1%), Vitamin B6: 0.89mg (44.38%), Phosphorus: 412.18mg (41.22%), Potassium: 1300.4mg (37.15%), Copper: 0.52mg (25.84%), Vitamin B2: 0.44mg (25.74%), Magnesium: 95.32mg (23.83%), Fiber: 5.46g (21.86%), Vitamin E: 3.27mg (21.8%), Zinc: 3.26mg (21.76%), Vitamin B5: 2.14mg (21.41%), Iron: 3.69mg (20.49%), Vitamin B1: 0.25mg (16.45%), Vitamin C: 12.6mg (15.27%), Vitamin A: 735.22IU (14.7%), Vitamin B12: 0.63µg (10.58%), Vitamin K: 9.57µg (9.11%), Folate: 35.39µg (8.85%), Calcium: 55.13mg (5.51%)