



Easy Lemon Pasta with Chicken

 Popular

READY IN



35 min.

SERVINGS



5

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 chicken cutlets cut into fingers
- 3 tablespoons parsley fresh roughly chopped for garnish
- 3 cloves garlic sliced
- 2 juice of lemon juiced
- 3 tablespoons olive oil
- 0.5 cup parmesan grated
- 1 pound penne pasta dried
- 0.3 teaspoon pepper flakes red

5 servings salt and pepper black freshly ground

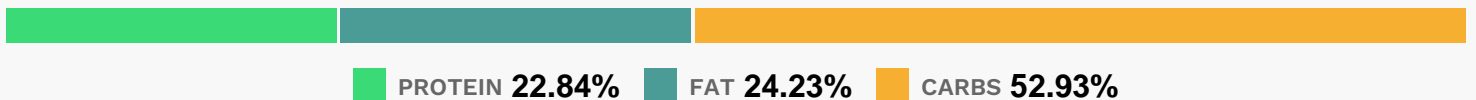
Equipment

- bowl
- frying pan
- pot
- grill
- grill pan

Directions

- Watch how to make this recipe.
- Cook the pasta in a large pot of boiling salted water, until al dente.
- Drain well.
- Season chicken with salt and pepper.
- Heat a large grill pan over medium high and add chicken. Grill until golden and completely cooked.
- Remove to a plate and slice.
- Add the garlic and red pepper flakes to a saute pan with 3 tablespoons of olive oil and saute until fragrant.
- Add the cooked pasta and turn heat off.
- Mix all together.
- Remove pasta to a large bowl.
- Add chicken to the warm pasta and season with salt and pepper.
- Sprinkle in chopped parsley.
- Add the juice of 2 lemons and mix. Before serving top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:32.6, Glycemic Load:27.52, Inflammation Score:-6, Nutrition Score:20.650869558687%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 534.26kcal (26.71%), Fat: 14.19g (21.83%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 69.75g (23.25%), Net Carbohydrates: 66.63g (24.23%), Sugar: 2.85g (3.17%), Cholesterol: 50.32mg (16.77%), Sodium: 248.12mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.19%), Selenium: 81.64µg (116.63%), Manganese: 0.89mg (44.7%), Vitamin B3: 8.73mg (43.65%), Vitamin K: 45.11µg (42.97%), Phosphorus: 389.22mg (38.92%), Vitamin B6: 0.68mg (33.98%), Magnesium: 72.85mg (18.21%), Calcium: 149mg (14.9%), Copper: 0.3mg (14.85%), Vitamin B5: 1.44mg (14.44%), Potassium: 499.34mg (14.27%), Zinc: 2.01mg (13.38%), Fiber: 3.12g (12.46%), Vitamin C: 9.21mg (11.17%), Vitamin E: 1.54mg (10.25%), Iron: 1.78mg (9.87%), Vitamin B2: 0.16mg (9.58%), Vitamin B1: 0.14mg (9.2%), Vitamin A: 331.76IU (6.64%), Folate: 25.9µg (6.47%), Vitamin B12: 0.26µg (4.27%)