



Farfalle with Chicken and Sun-Dried Tomatoes

READY IN



30 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces farfalle pasta uncooked (bow tie pasta)
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounce mushrooms

- ☐ 2 tablespoons sun-dried olives packed in oil
- ☐ 1.8 cups onion vertically sliced
- ☐ 0.3 cup parmesan fresh grated
- ☐ 0.3 cup sun-dried olives diced

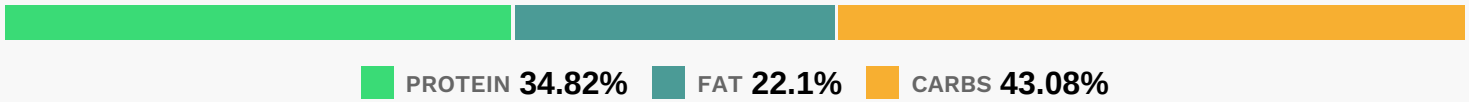
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, heat a large nonstick skillet over medium heat.
- ☐ Add sun-dried tomato oil; swirl to coat.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add red pepper and garlic; cook 1 minute.
- ☐ Add mushrooms, salt, and black pepper; saut 4 minutes. Stir in lemon juice. Stir in pasta, chicken, and tomatoes. Reduce heat to low; cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Add cheese and basil; toss gently.
- ☐ Kids Can Help: Teaching kids how to gather all their ingredients together before cooking is a great way to set good habits. They can collect everything while you start the pasta water.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:10.32, Inflammation Score:-4, Nutrition Score:8.699130444423%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg

0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 6.67g (10.25%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 26.66g (9.69%), Sugar: 5.1g (5.67%), Cholesterol: 59.61mg (19.87%), Sodium: 429.31mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.26%), Selenium: 22.11µg (31.59%), Manganese: 0.46mg (22.89%), Phosphorus: 139.8mg (13.98%), Copper: 0.28mg (13.84%), Potassium: 417.62mg (11.93%), Vitamin B2: 0.19mg (10.89%), Vitamin B3: 2.11mg (10.53%), Fiber: 2.57g (10.3%), Magnesium: 35.21mg (8.8%), Vitamin C: 6.57mg (7.96%), Calcium: 73.97mg (7.4%), Vitamin B5: 0.74mg (7.4%), Vitamin B6: 0.15mg (7.39%), Iron: 1.2mg (6.69%), Vitamin B1: 0.1mg (6.63%), Vitamin K: 6.04µg (5.75%), Zinc: 0.86mg (5.71%), Folate: 21.77µg (5.44%), Vitamin A: 142.84IU (2.86%), Vitamin B12: 0.06µg (1.02%)