



WHATSheATE



Farfalle with Chicken, Tomatoes, Caramelized Onions, and Goat Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach
- ☐ 0.5 cup basil thinly sliced
- ☐ 1 cup wine dry white
- ☐ 8 ounces farfalle pasta
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 3 ounces goat cheese fresh crumbled soft
- ☐ 5 cups heirloom tomatoes cored chopped
- ☐ 1 cup chicken broth

- ☐ 2 tablespoons olive oil
- ☐ 2 large onion red thinly sliced
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 cups chicken shredded cooked (from)
- ☐ 1 teaspoon sugar

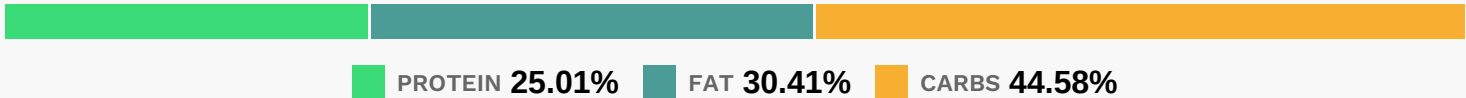
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in heavy large skillet over mediumhigh heat.
- ☐ Add onions; sprinkle with salt and cook until beginning to brown, stirring often, about 8 minutes. Reduce heat to medium–low. Stir in vinegar and sugar; cook until onions are browned, stirring often, about 15 minutes.
- ☐ Transfer caramelized onions to bowl; reserve skillet.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain.
- ☐ Add wine to reserved skillet. Boil until reduced to 1/2 cup, 3 minutes.
- ☐ Add pasta, onions, broth, and next 4 ingredients. Season with salt and pepper. Stir over medium heat to warm through, about 3 minutes.
- ☐ Divide spinach among plates. Spoon pasta over spinach. Top with crumbled goat cheese.

Nutrition Facts



Properties

Glycemic Index:54.35, Glycemic Load:14.08, Inflammation Score:-9, Nutrition Score:22.83521743961%

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: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 380.62kcal (19.03%), Fat: 11.92g (18.34%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 35.6g (12.95%), Sugar: 7.13g (7.92%), Cholesterol: 41.52mg (13.84%), Sodium: 123.71mg (5.38%), Alcohol: 4.12g (100%), Alcohol %: 1.42% (100%), Protein: 22.05g (44.1%), Vitamin K: 104.9µg (99.91%), Vitamin A: 2768.81IU (55.38%), Selenium: 36.15µg (51.64%), Manganese: 0.77mg (38.26%), Vitamin C: 25.21mg (30.56%), Vitamin B3: 5.88mg (29.39%), Phosphorus: 266.02mg (26.6%), Vitamin B6: 0.48mg (24.03%), Potassium: 700.18mg (20.01%), Copper: 0.38mg (18.88%), Folate: 68.3µg (17.08%), Magnesium: 67.48mg (16.87%), Fiber: 3.71g (14.83%), Iron: 2.49mg (13.82%), Vitamin B2: 0.23mg (13.36%), Zinc: 1.84mg (12.25%), Vitamin E: 1.74mg (11.62%), Vitamin B1: 0.15mg (10.04%), Vitamin B5: 0.9mg (9.03%), Calcium: 79.07mg (7.91%), Vitamin B12: 0.2µg (3.36%)