



Fiore With Broccoli Rabe, Chicken, and Pecorino Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 pound broccoli rabe cut into 2-inch pieces (4 cups)
- ☐ 8 ounces chicken cutlets cut into 1-inch chunks
- ☐ 1 teaspoon pepper red crushed
- ☐ 8 ounces fusilli pasta uncooked
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 leek rinsed sliced into half moons
- ☐ 1 cup chicken stock see low-sodium

- ☐ 1 tablespoon freshly marjoram chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pecorino romano cheese freshly grated
- ☐ 0.8 teaspoon salt divided

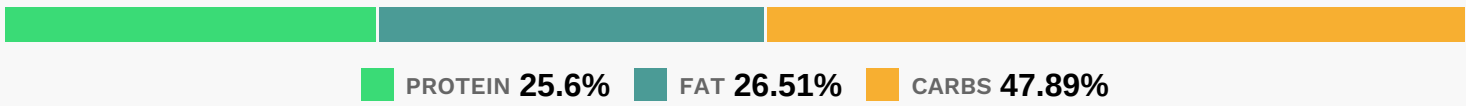
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a pot of water to a boil. Immerse broccoli rabe in water 1 minute or until bright green.
- ☐ Remove with slotted spoon; place in a towel to keep warm. Cover pot; bring water back to a boil.
- ☐ Add pasta, and cook 12 minutes or until al dente. Meanwhile, heat a large nonstick skillet over medium-high heat; add olive oil, garlic, and leek. Cook 23 minutes or until just golden brown. Season chicken with 1/4 teaspoon each salt and pepper. Raise heat to high, and add chicken. Cook 23 minutes or until well-browned.
- ☐ Add broccoli rabe, chicken stock, crushed red pepper, and remaining salt and pepper. Cook chicken and vegetables 6 minutes or until tender and liquid has reduced by half.
- ☐ Drain pasta; transfer to serving dish. Top pasta with sauce; add cheese and marjoram, and toss to combine.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:18.36, Inflammation Score:-10, Nutrition Score:31.923912989057%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 425.26kcal (21.26%), Fat: 12.68g (19.51%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 45.71g (16.62%), Sugar: 3.04g (3.38%), Cholesterol: 44.95mg (14.98%), Sodium: 674.08mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.1%), Vitamin K: 273.34µg (260.32%), Selenium: 57.11µg (81.59%), Vitamin A: 3586.71IU (71.73%), Manganese: 1.22mg (60.99%), Vitamin B3: 9.27mg (46.34%), Vitamin B6: 0.82mg (40.93%), Phosphorus: 406.04mg (40.6%), Vitamin C: 27.45mg (33.28%), Folate: 123.08µg (30.77%), Calcium: 260.4mg (26.04%), Iron: 4.66mg (25.88%), Fiber: 5.81g (23.24%), Vitamin E: 3.44mg (22.96%), Magnesium: 83.85mg (20.96%), Vitamin B1: 0.3mg (19.77%), Potassium: 690.98mg (19.74%), Vitamin B2: 0.3mg (17.79%), Zinc: 2.38mg (15.88%), Copper: 0.31mg (15.55%), Vitamin B5: 1.51mg (15.12%), Vitamin B12: 0.27µg (4.43%)