



# Fresh Fettuccine with Roasted Chicken and Broccoli Rabe

 Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound broccoli rabe trimmed
- 14 ounce chicken broth reduced-sodium canned
- 2 tablespoons parsley leaves fresh chopped
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest
- 2 tablespoons olive oil
- 0.8 cup parmesan freshly grated

- 9 ounce fettuccine pasta fresh
- 0.5 cup pinenuts toasted
- 3 cups roasted chicken shredded (from 1 roasted chicken)
- 6 servings salt and pepper black freshly ground

## Equipment

- bowl
- frying pan
- pot
- slotted spoon

## Directions

- Bring a large pot of salted water to a boil.
- Add the broccoli rabe and cook until crisp-tender, 2 minutes. Using a slotted spoon, transfer the broccoli rabe to a large bowl of ice water. Once cooled, drain broccoli rabe and set aside.
- Add the fettuccine to the same pot of boiling water and cook until just tender, about 2 minutes.
- Drain, reserving 1/2 cup of cooking liquid.
- Meanwhile, bring the broth and lemon juice to a boil in a heavy large skillet over medium-high heat. Boil until the broth reduces by half, about 5 minutes.
- Add the chicken and simmer just until heated through, about 2 minutes.
- Add broccoli rabe to the chicken broth and stir to combine.
- Add the pasta, 1/2 cup of Parmesan, pine nuts, parsley, oil, and lemon zest. Toss to coat, adding some of the reserved cooking liquid, 1/4 cup at a time, to moisten. Season the pasta with salt and pepper, to taste. Mound the pasta into bowls and serve.
- Sprinkle with the remaining Parmesan and serve.

## Nutrition Facts



PROTEIN 33.16%  FAT 41.16%  CARBS 25.68%

## Properties

Glycemic Index:27.5, Glycemic Load:12.93, Inflammation Score:-9, Nutrition Score:32.636521893999%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

## Nutrients (% of daily need)

Calories: 583.08kcal (29.15%), Fat: 26.64g (40.99%), Saturated Fat: 6.19g (38.69%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 33.36g (12.13%), Sugar: 2.24g (2.48%), Cholesterol: 94.07mg (31.36%), Sodium: 600.33mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.29g (96.59%), Vitamin K: 202.02µg (192.4%), Selenium: 59.94µg (85.62%), Manganese: 1.71mg (85.46%), Phosphorus: 524.47mg (52.45%), Vitamin A: 2342.85IU (46.86%), Vitamin B3: 9.31mg (46.55%), Zinc: 4.99mg (33.28%), Vitamin B6: 0.63mg (31.61%), Vitamin C: 22.36mg (27.1%), Iron: 4.74mg (26.32%), Calcium: 262.32mg (26.23%), Magnesium: 101.77mg (25.44%), Vitamin E: 3.26mg (21.74%), Vitamin B2: 0.36mg (21.35%), Folate: 84.13µg (21.03%), Copper: 0.39mg (19.3%), Potassium: 604.01mg (17.26%), Vitamin B1: 0.25mg (16.95%), Vitamin B12: 1.01µg (16.91%), Fiber: 4.02g (16.1%), Vitamin B5: 1.22mg (12.22%)