



Fusilli Michelangelo with Roasted Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.5 cup basil fresh
- ☐ 2 garlic cloves minced
- ☐ 4 cups mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 rotisserie chicken cut (skin discarded)

- ☐ 1.5 teaspoons sugar
- ☐ 7 sun-dried tomatoes
- ☐ 1.5 cups tomato sauce
- ☐ 0.5 pound fusilli whole wheat

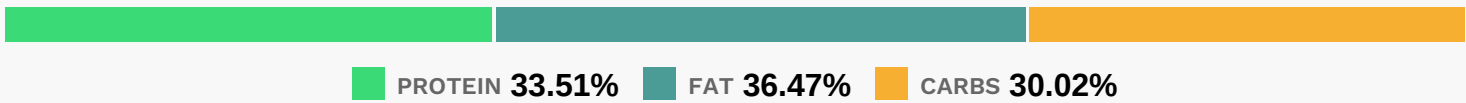
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place sun-dried tomatoes in a bowl. Bring balsamic vinegar, sugar, and 3 tablespoons water to a boil.
- ☐ Pour over tomatoes; let stand 10 minutes.
- ☐ Drain and slice.
- ☐ Cook pasta according to package directions; reserve 1/2 cup cooking water and drain.
- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add mushrooms. Cook 1 minute without stirring, then cook, stirring, 5 minutes or until browned.
- ☐ Add garlic; cook 1 minute.
- ☐ Add basil and reserved tomatoes; cook 1 minute.
- ☐ Add tomato sauce; bring to a simmer.
- ☐ Add pasta, 1/2 cup grated Parmesan, reserved cooking water, chicken; toss, and transfer to serving bowl.
- ☐ Add arugula, pine nuts, and remaining Parmesan.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:59.85, Glycemic Load:3.03, Inflammation Score:-6, Nutrition Score:12.579565281453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 459.42kcal (22.97%), Fat: 18.76g (28.87%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 29.16g (10.6%), Sugar: 7.42g (8.24%), Cholesterol: 103.25mg (34.42%), Sodium: 792.9mg (34.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.57%), Manganese: 0.52mg (25.81%), Vitamin K: 26.68µg (25.41%), Fiber: 5.58g (22.34%), Vitamin B2: 0.36mg (20.95%), Copper: 0.37mg (18.69%), Vitamin B3: 3.34mg (16.68%), Phosphorus: 160.49mg (16.05%), Potassium: 552.06mg (15.77%), Vitamin A: 701.55IU (14.03%), Selenium: 9.57µg (13.67%), Vitamin E: 1.97mg (13.16%), Vitamin B5: 1.29mg (12.87%), Calcium: 109.75mg (10.97%), Vitamin C: 8.74mg (10.6%), Magnesium: 37.47mg (9.37%), Iron: 1.62mg (9.02%), Vitamin B6: 0.17mg (8.35%), Zinc: 1.17mg (7.79%), Folate: 30.7µg (7.68%), Vitamin B1: 0.1mg (6.69%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.17µg (1.13%)