



## Garlic Chicken Pasta with Prosciutto

READY IN



60 min.

SERVINGS



8

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 4 chicken breasts cut into strips or cubes 2 pounds
- 5 roasted pasilla chiles peeled seeded cut into strips
- 0.5 cup basil fresh sliced into small strips
- 8 servings basil fresh for garnish
- 0.3 cup garlic minced
- 0.8 pound pasta
- 0.3 cup olive oil
- 0.5 cup parmesan fresh grated

- 4 ounces pancetta cut into small pieces
- 2 roasted peppers red peeled seeded cut into strips
- 5 tomatoes seeded chopped

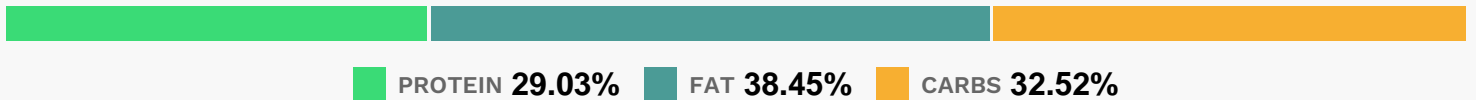
## Equipment

- bowl
- frying pan
- pot

## Directions

- Heat oil in a large skillet and saute garlic until soft and light brown.
- Add tomatoes, prosciutto, chicken and butter; saute for about 5 to 10 minutes.
- Add basil, and saute for another 5 minutes. In a stockpot, bring water to boil and cook linguine until firm, al dente.
- Drain pasta and transfer to a bowl, add the chicken/tomato mixture, chiles, roasted peppers, and grated cheese; toss gently to combine.
- Sprinkle with basil and serve.

## Nutrition Facts



## Properties

Glycemic Index:46.5, Glycemic Load:14.95, Inflammation Score:-8, Nutrition Score:26.620435129041%

## Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 488.85kcal (24.44%), Fat: 20.75g (31.92%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 36.5g (13.27%), Sugar: 4.75g (5.28%), Cholesterol: 93.45mg (31.15%), Sodium: 484.1mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.24g (70.49%), Selenium: 68.11µg (97.3%), Vitamin C: 58.56mg (70.98%), Vitamin B3: 14.02mg (70.08%), Vitamin B6: 1.23mg (61.43%), Phosphorus: 423.15mg (42.32%), Manganese: 0.68mg (33.8%), Vitamin K: 29.29µg (27.9%), Vitamin A: 1316.65IU (26.33%), Potassium: 861.28mg (24.61%), Vitamin B5: 2.07mg (20.65%), Magnesium: 75.68mg (18.92%), Vitamin B1: 0.21mg (14.2%), Copper: 0.28mg (14.06%), Vitamin E: 2.03mg (13.53%), Vitamin B2: 0.22mg (12.99%), Zinc: 1.9mg (12.64%), Calcium: 119.5mg (11.95%), Fiber: 2.96g (11.85%), Iron: 1.87mg (10.41%), Folate: 34.7µg (8.68%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.2µg (1.34%)