



WHATSheATE



Garlic Chicken with Orzo Noodles

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic
- ☐ 2 tablespoons olive oil
- ☐ 1 cup orzo pasta uncooked
- ☐ 4 servings parmesan cheese grated for topping
- ☐ 4 servings salt to taste
- ☐ 2 chicken breast halves boneless skinless cut into bite-size pieces

☐ 2 cups spinach leaves fresh

Equipment

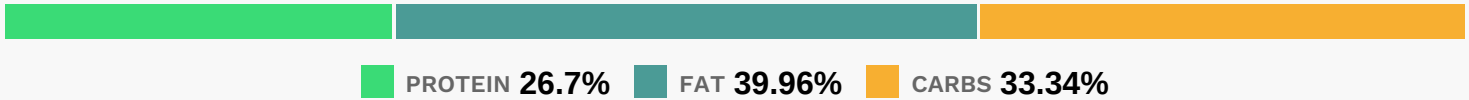
☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add orzo pasta, cook for 8 to 10 minutes, until al dente, and drain.
- ☐ Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minute, until garlic is golden brown. Stir in chicken, season with salt, and cook 2 to 5 minutes, until lightly browned and juices run clear. Reduce heat to medium, and mix in the parsley and cooked orzo.
- ☐ Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted.
- ☐ Serve topped with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:11.47, Inflammation Score:-8, Nutrition Score:21.376956644266%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 398.11kcal (19.91%), Fat: 17.52g (26.96%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 31.25g (11.36%), Sugar: 1.12g (1.24%), Cholesterol: 62.26mg (20.75%), Sodium: 801.43mg (34.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.67%), Vitamin K: 93.88µg (89.41%), Selenium: 52.67µg (75.24%), Phosphorus: 390.33mg (39.03%), Vitamin A: 1804.44IU (36.09%), Vitamin B3: 6.7mg

(33.5%), Calcium: 295.45mg (29.54%), Vitamin B6: 0.55mg (27.61%), Manganese: 0.54mg (27.09%), Zinc: 2.27mg (15.13%), Magnesium: 57.98mg (14.5%), Potassium: 445.68mg (12.73%), Vitamin B2: 0.21mg (12.63%), Vitamin E: 1.67mg (11.14%), Vitamin B5: 1.09mg (10.88%), Folate: 41.51µg (10.38%), Vitamin B12: 0.52µg (8.63%), Copper: 0.16mg (8.13%), Vitamin C: 6.69mg (8.11%), Iron: 1.39mg (7.71%), Fiber: 1.64g (6.55%), Vitamin B1: 0.09mg (6.26%), Vitamin D: 0.21µg (1.38%)