



Greek Chicken and Pasta

READY IN



55 min.

SERVINGS



5

CALORIES



803 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 14 oz chicken broth reduced-sodium canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 oz havarti cheese shredded crumbled
- ☐ 0.3 cup kalamata olives sliced
- ☐ 6 oz marinated artichoke drained chopped
- ☐ 1 cup onion chopped
- ☐ 6 oz penne pasta uncooked

- ☐ 3 cups rotisserie chicken cut chopped (from)
- ☐ 0.5 cup sun-dried tomatoes drained chopped in oil

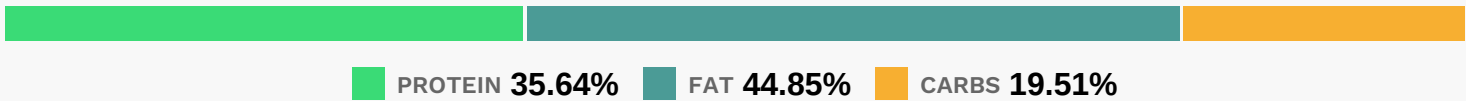
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 3-quart saucepan, melt butter over medium heat.
- ☐ Add onion; cook 3 minutes, stirring occasionally. Stir in flour; cook and stir 30 seconds. Slowly stir in broth; heat to boiling. Cook 3 to 4 minutes, stirring frequently, until thickened.
- ☐ Remove from heat; stir in cheese. Gently stir in cooked pasta, chicken, artichoke hearts, tomatoes, olives and parsley. Spoon into baking dish.
- ☐ Bake uncovered 25 to 30 minutes or until hot.
- ☐ Garnish with additional fresh parsley if desired.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:14.34, Inflammation Score:-8, Nutrition Score:17.625652186249%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 803.3kcal (40.16%), Fat: 39.85g (61.31%), Saturated Fat: 11.54g (72.1%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 35.52g (12.92%), Sugar: 2.71g (3.01%), Cholesterol: 195.92mg (65.31%), Sodium: 1456.72mg (63.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.25g (142.5%), Selenium: 40.73µg (58.18%), Phosphorus: 341.17mg (34.12%), Vitamin C: 22.97mg (27.85%), Vitamin A: 1378.79IU (27.58%), Vitamin K: 28.37µg (27.02%), Zinc: 3.58mg (23.84%), Manganese: 0.46mg (23.15%), Calcium: 186.49mg (18.65%), Vitamin B12: 1.12µg (18.64%), Vitamin B3: 3.36mg (16.78%), Vitamin B2: 0.26mg (15.45%), Vitamin B6: 0.3mg (15.05%), Iron: 2.55mg (14.17%), Fiber: 3.47g (13.88%), Magnesium: 54.83mg (13.71%), Potassium: 455.5mg (13.01%), Copper: 0.24mg (12.21%), Folate: 44.18µg (11.05%), Vitamin B1: 0.13mg (8.76%), Vitamin E: 1.16mg (7.75%), Vitamin B5: 0.36mg (3.61%)