



Greek Chicken Pasta

 Popular

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

519 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 1 pound rotisserie chicken breast meat boneless skinless cut into bite-size pieces
- ☐ 0.5 cup feta cheese crumbled
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 2 tablespoons juice of lemon
- ☐ 2 lemons for garnish
- ☐ 14 ounce marinated artichoke hearts drained chopped canned
- ☐ 1 tablespoon olive oil

- ☐ 2 teaspoons oregano dried
- ☐ 1 pound soup noodles uncooked
- ☐ 0.5 cup onion red chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1 large tomatoes chopped

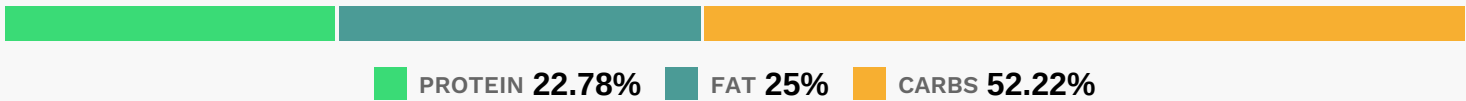
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
- ☐ Meanwhile, heat olive oil in a large skillet over medium-high heat.
- ☐ Add garlic and onion, and saute for 2 minutes. Stir in the chicken. Cook, stirring occasionally, until chicken is no longer pink and the juices run clear, about 5 to 6 minutes.
- ☐ Reduce heat to medium-low, and add the artichoke hearts, tomato, feta cheese, parsley, lemon juice, oregano and cooked pasta. Stir until heated through, about 2 to 3 minutes.
- ☐ Remove from heat, season to taste with salt and pepper, and garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:24.13, Inflammation Score:-9, Nutrition Score:24.432608638121%

Flavonoids

Eriodictyol: 7.93mg, Eriodictyol: 7.93mg, Eriodictyol: 7.93mg, Eriodictyol: 7.93mg Hesperetin: 10.77mg, Hesperetin: 10.77mg, Hesperetin: 10.77mg, Hesperetin: 10.77mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 519.48kcal (25.97%), Fat: 14.32g (22.03%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 67.28g (22.43%), Net Carbohydrates: 61.56g (22.38%), Sugar: 5.12g (5.69%), Cholesterol: 59.51mg (19.84%), Sodium: 684.21mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.71%), Selenium: 74.24µg (106.05%), Vitamin C: 43.94mg (53.26%), Vitamin B3: 9.59mg (47.97%), Manganese: 0.82mg (41.25%), Vitamin B6: 0.82mg (40.96%), Vitamin K: 41.27µg (39.3%), Phosphorus: 364.75mg (36.47%), Vitamin A: 1177.99IU (23.56%), Fiber: 5.73g (22.9%), Magnesium: 73mg (18.25%), Potassium: 625.79mg (17.88%), Vitamin B5: 1.66mg (16.62%), Vitamin B2: 0.25mg (14.73%), Copper: 0.29mg (14.52%), Iron: 2.55mg (14.17%), Zinc: 2.01mg (13.43%), Calcium: 125.63mg (12.56%), Vitamin B1: 0.17mg (11.57%), Folate: 37.33µg (9.33%), Vitamin E: 0.95mg (6.34%), Vitamin B12: 0.36µg (6.04%)