



Greek Chicken Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



859 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces baby spinach
- ☐ 0.5 cup cooking wine dry white such as pinot grigio
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup kalamata olives pitted halved
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1 cup pinenuts toasted
- ☐ 0.5 teaspoon chile flakes red
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 6 ounces pasta like spaghetti

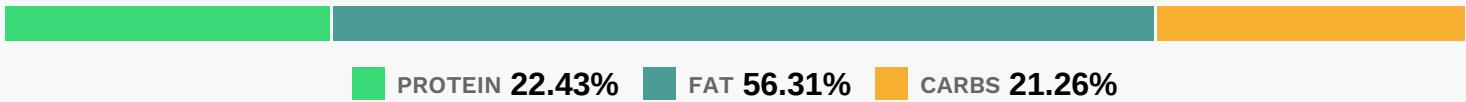
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook spaghetti as package directs.
- ☐ Heat oil in a large frying pan over medium heat.
- ☐ Add onion and garlic and cook until softened, about 5 minutes. Stir in spinach, wine, chile flakes, olives, pine nuts, salt, and pepper.
- ☐ Drain pasta, return to pot, and add onion mixture and chicken. Stir to coat and cook over medium heat until warmed, about 4 minutes.
- ☐ Transfer to plates and top with feta cheese.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:14.41, Inflammation Score:-10, Nutrition Score:33.839130310909%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 858.62kcal (42.93%), Fat: 53.94g (82.99%), Saturated Fat: 9.36g (58.53%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 39.99g (14.54%), Sugar: 4.81g (5.35%), Cholesterol: 132.49mg (44.16%), Sodium: 1525.87mg (66.34%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 48.34g (96.67%), Vitamin K: 300.25µg (285.96%), Manganese: 4.03mg (201.61%), Vitamin A: 5625.29IU (112.51%), Vitamin E: 7.29mg (48.6%), Selenium: 31.75µg (45.36%), Magnesium: 168.1mg (42.03%), Phosphorus: 396.42mg (39.64%), Folate: 145.01µg (36.25%), Copper: 0.72mg (35.91%), Zinc: 3.84mg (25.63%), Iron: 4.59mg (25.48%), Vitamin B2: 0.41mg (24.2%), Vitamin C: 19.79mg (23.99%), Fiber: 5.84g (23.37%), Calcium: 210.57mg (21.06%), Potassium: 736.14mg (21.03%), Vitamin B6: 0.4mg (19.85%), Vitamin B1: 0.27mg (18%), Vitamin B3: 3.03mg (15.15%), Vitamin B5: 0.62mg (6.19%), Vitamin B12: 0.36µg (5.99%)