



Greek Chicken with Angel Hair Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound angel hair pasta uncooked
- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano canned
- ☐ 1 teaspoon basil dried
- ☐ 3 ounces feta cheese crumbled
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 cups onion red chopped
- ☐ 24 ounce chicken breasts boneless skinless halved

☐ 1 cup bell pepper yellow chopped

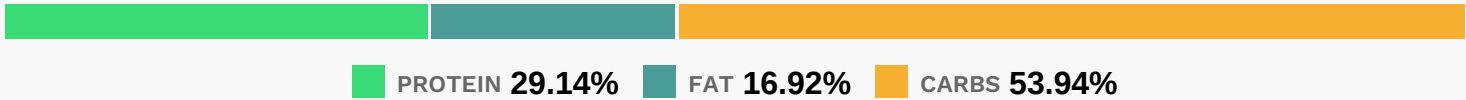
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; saut 3 minutes on each side.
- ☐ Add onion and next 5 ingredients (through tomatoes) to pan; stir well. Cover, reduce heat, and simmer 25 minutes or until chicken is done.
- ☐ Remove from heat; sprinkle with cheese.
- ☐ Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:17.96, Inflammation Score:-7, Nutrition Score:22.72652162158%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 392.55kcal (19.63%), Fat: 7.34g (11.3%), Saturated Fat: 2.34g (14.66%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 48.87g (17.77%), Sugar: 5.95g (6.61%), Cholesterol: 63.89mg (21.3%), Sodium: 372.46mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.93%), Selenium: 65.02µg (92.89%), Vitamin C: 52.07mg (63.12%), Vitamin B3: 10.91mg (54.53%), Vitamin B6: 0.96mg (48.21%), Phosphorus: 358.61mg (35.86%), Manganese: 0.71mg (35.4%), Potassium: 755.26mg (21.58%), Magnesium: 73.62mg (18.41%), Vitamin B5: 1.78mg

(17.78%), Vitamin B2: 0.28mg (16.74%), Fiber: 3.82g (15.29%), Copper: 0.3mg (15.09%), Iron: 2.46mg (13.69%), Vitamin B1: 0.19mg (12.98%), Zinc: 1.86mg (12.4%), Calcium: 117.17mg (11.72%), Folate: 40.61µg (10.15%), Vitamin E: 1.25mg (8.37%), Vitamin K: 7.53µg (7.17%), Vitamin B12: 0.35µg (5.83%), Vitamin A: 232.4IU (4.65%)