



Greek Penne and Chicken

READY IN



50 min.

SERVINGS



4

CALORIES



680 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce artichoke hearts canned
- 1.5 tablespoons butter
- 0.5 cup feta cheese crumbled
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 4 servings pepper black to taste
- 2 tablespoons juice of lemon
- 1 teaspoon oregano dried
- 16 ounce penne pasta

- 0.5 cup onion red chopped
- 4 servings salt to taste
- 1 pound chicken breast halves boneless skinless cut into bite-size pieces
- 1 tomatoes chopped

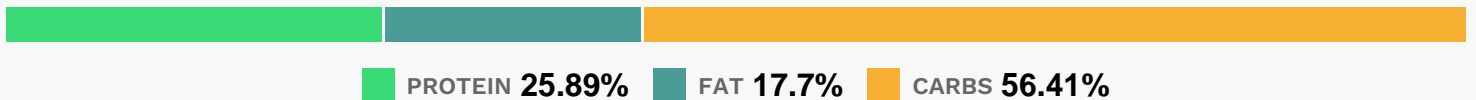
Equipment

- frying pan
- pot

Directions

- In a large pot with boiling salted water cook penne pasta until al dente.
- Drain.
- Meanwhile, in a large skillet over medium-high heat melt butter, add onion and garlic and cook for 2 minutes.
- Add chopped chicken and continue cooking, stirring occasionally until golden brown, about 5 to 6 minutes.
- Reduce heat to medium- low.
- Drain and chop artichoke hearts and add them, chopped tomato, feta cheese, fresh parsley, lemon juice, dried oregano, and drained penne pasta to the large skillet. Cook until heated through, about 2 to 3 minutes.
- Season with salt and ground black pepper.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:35.15, Inflammation Score:-8, Nutrition Score:28.693913076235%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 680.29kcal (34.01%), Fat: 13.09g (20.14%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 93.9g (31.3%), Net Carbohydrates: 87.65g (31.87%), Sugar: 5.7g (6.34%), Cholesterol: 100.55mg (33.52%), Sodium: 950.5mg (41.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.09g (86.18%), Selenium: 111.17µg (158.82%), Vitamin B3: 14.23mg (71.15%), Manganese: 1.19mg (59.6%), Vitamin B6: 1.17mg (58.44%), Phosphorus: 535.62mg (53.56%), Vitamin K: 56.05µg (53.38%), Magnesium: 102.49mg (25.62%), Fiber: 6.26g (25.03%), Vitamin B5: 2.38mg (23.8%), Potassium: 825.44mg (23.58%), Vitamin B2: 0.36mg (21.25%), Copper: 0.41mg (20.25%), Zinc: 2.96mg (19.71%), Vitamin C: 14.43mg (17.49%), Vitamin B1: 0.23mg (15.51%), Vitamin A: 763.25IU (15.26%), Calcium: 146.71mg (14.67%), Iron: 2.55mg (14.19%), Folate: 46.82µg (11.71%), Vitamin B12: 0.55µg (9.21%), Vitamin E: 0.79mg (5.29%), Vitamin D: 0.19µg (1.26%)