



Greek Ziti

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups cherry tomatoes halved
- 1 cup chicken broth low-sodium homemade canned
- 0.8 cup feta cheese crumbled
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 1 tablespoon juice of lemon
- 2 teaspoons oregano dried
- 1 teaspoon salt
- 3 chicken breasts boneless skinless cut into 1/2-inch cubes (1 pound in all)

0.5 pound ziti

Equipment

frying pan

pot

Directions

In a large frying pan, simmer the chicken broth and the oregano until 1/2 cup of liquid remains in the pan, about 4 minutes. Stir in the chicken cubes, cover the pan, and remove it from the heat.

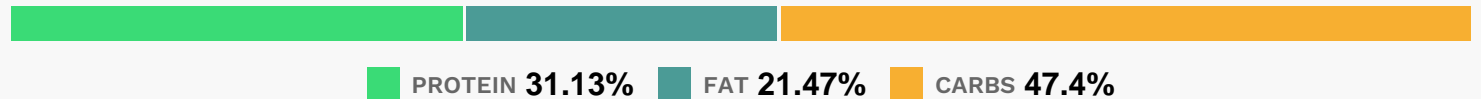
Let the chicken steam in the hot broth until just done, about 8 minutes.

In a large pot of boiling, salted water, cook the ziti until just done, about 13 minutes.

Drain the pasta and toss it with the chicken mixture, the feta, lemon juice, salt, pepper, and parsley. Stir until the cheese is completely melted. Toss in the cherry tomatoes.

Wine Recommendation: The acidity of the feta cheese and the lemon juice in this dish will work best with a light, fruity, just plain gulpable red wine. If you're feeling adventurous, try a Greek one such as Demestica.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:17.39, Inflammation Score:-9, Nutrition Score:24.150869431703%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 406.18kcal (20.31%), Fat: 9.6g (14.76%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 44.87g (16.32%), Sugar: 3.14g (3.49%), Cholesterol: 79.27mg (26.42%), Sodium: 1029.57mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Selenium: 67.52µg (96.45%), Vitamin B3: 11.28mg (56.4%), Vitamin K: 58.12µg (55.36%), Vitamin B6: 0.9mg (45.01%), Phosphorus: 417.18mg (41.72%), Manganese: 0.69mg (34.39%), Vitamin C: 19.22mg (23.3%), Vitamin B2: 0.4mg (23.26%), Potassium: 666.52mg (19.04%), Calcium: 185.11mg (18.51%), Vitamin B5: 1.83mg (18.26%), Magnesium: 67.92mg (16.98%), Zinc: 2.3mg (15.36%), Copper: 0.28mg (14.15%), Vitamin A: 688.66IU (13.77%), Iron: 2.32mg (12.91%), Vitamin B12: 0.7µg (11.73%), Vitamin B1: 0.17mg (11.61%), Fiber: 2.8g (11.22%), Folate: 37.58µg (9.4%), Vitamin E: 0.8mg (5.33%), Vitamin D: 0.2µg (1.31%)