



Guy Cooks With Kids: E.J. and Guy's Pasta

READY IN



25 min.

SERVINGS



2

CALORIES



971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup broccoli chopped
- ☐ 0.3 cup grilled chicken cubed
- ☐ 0.3 cup chicken stock see
- ☐ 3 tablespoons garlic finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup sausage italian chopped ()
- ☐ 0.3 cup mushrooms thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup onion chopped

- ☐ 0.3 cup parmesan grated plus more for serving, optional
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 cup penne rigotte whole wheat cooked
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.3 cup roma tomatoes chopped
- ☐ 3 tablespoons pkt spinach fresh chopped

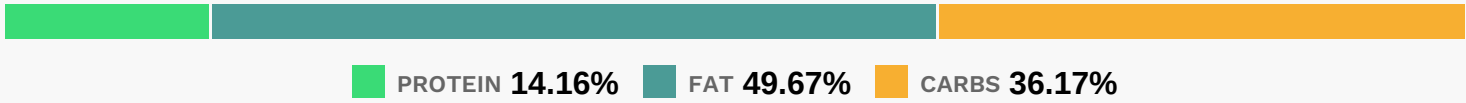
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a saute pan over high heat, add the olive oil and allow to come up to a high temperature.
- ☐ Add the onions and cook until slightly softened, 1 to 2 minutes. Stir in the sausage and red bell peppers, making sure to move the pan around and to continue stirring for even cooking. Cook 1 to 2 minutes. Stir in the mushrooms and broccoli and cook 1 to 2 minutes. Stir in the chopped garlic and cook for 3 to 4 minutes, stirring constantly. (The garlic should take on a golden color, but be sure to not let it burn.) Stir in the chopped chicken and cook 1 to 2 minutes.
- ☐ Deglaze the pan by adding the chicken stock. Stir around to coat all the ingredients.
- ☐ Add the pasta to the pan, stir to coat and cook for 1 to 2 minutes. Stir in the cream sprinkle in the cheese and cook 2 to 3 minutes. Stir in the parsley and spinach.
- ☐ Remove the pasta from the heat.
- ☐ Pour the pasta onto a plate, top with the tomatoes and more cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:28.019565084706%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 971.22kcal (48.56%), Fat: 53.23g (81.9%), Saturated Fat: 21.83g (136.45%), Carbohydrates: 87.22g (29.07%), Net Carbohydrates: 76.33g (27.76%), Sugar: 7.88g (8.75%), Cholesterol: 116.61mg (38.87%), Sodium: 522.23mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.28%), Vitamin K: 198.09µg (188.66%), Vitamin A: 4299.04IU (85.98%), Vitamin C: 55.74mg (67.56%), Fiber: 10.88g (43.52%), Selenium: 21.77µg (31.1%), Phosphorus: 283.02mg (28.3%), Vitamin B6: 0.56mg (28.21%), Manganese: 0.54mg (26.97%), Calcium: 260.02mg (26%), Vitamin E: 3.63mg (24.23%), Vitamin B2: 0.41mg (24.11%), Vitamin B3: 4.53mg (22.64%), Folate: 83.53µg (20.88%), Vitamin B1: 0.3mg (20.15%), Potassium: 633.47mg (18.1%), Magnesium: 53.31mg (13.33%), Zinc: 1.95mg (13%), Iron: 2.33mg (12.94%), Vitamin B5: 1.04mg (10.41%), Copper: 0.21mg (10.32%), Vitamin B12: 0.59µg (9.78%), Vitamin D: 1.04µg (6.92%)