



## Herbed Chicken Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon basil dried
- 1.5 cups mushrooms fresh sliced
- 1 clove garlic minced
- 0.3 teaspoon ground pepper black
- 1 pound pasta uncooked
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 1 pound chicken breast halves boneless skinless cut into 1 inch pieces

- 2 cups tomatoes chopped
- 2 teaspoons vegetable oil

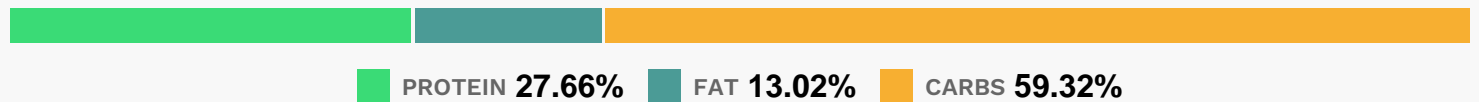
## Equipment

- frying pan

## Directions

- Cook pasta in about 4 quarts of boiling salted water until al dente.
- Drain.
- Meanwhile, heat oil in a large nonstick skillet over medium high heat until hot.
- Add mushrooms, onions, and garlic; saute 2 minutes.
- Add chicken, salt, basil, and pepper; saute 5 minutes, or until chicken is done.
- Add chopped tomato, and saute an additional 2 minutes.
- Serve chicken herb sauce over pasta.
- Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:50.25, Glycemic Load:35.56, Inflammation Score:-8, Nutrition Score:27.507826224617%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

## Nutrients (% of daily need)

Calories: 627.24kcal (31.36%), Fat: 8.95g (13.77%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 91.78g (30.59%), Net Carbohydrates: 86.46g (31.44%), Sugar: 6.56g (7.29%), Cholesterol: 78.01mg (26%), Sodium: 544.98mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.79g (85.58%), Selenium: 113.71µg (162.44%), Vitamin B3: 15.54mg (77.69%), Manganese: 1.23mg (61.57%), Vitamin B6: 1.15mg (57.39%), Phosphorus: 548.41mg

(54.84%), Potassium: 1012.21mg (28.92%), Vitamin B5: 2.76mg (27.62%), Copper: 0.53mg (26.69%), Magnesium: 106.5mg (26.63%), Vitamin B2: 0.37mg (21.75%), Fiber: 5.32g (21.27%), Zinc: 2.89mg (19.3%), Vitamin C: 14.04mg (17.02%), Vitamin B1: 0.24mg (16.27%), Vitamin A: 710.75IU (14.21%), Iron: 2.49mg (13.81%), Vitamin K: 12.91µg (12.3%), Folate: 46.85µg (11.71%), Calcium: 102.75mg (10.28%), Vitamin E: 0.98mg (6.54%), Vitamin B12: 0.33µg (5.43%), Vitamin D: 0.22µg (1.44%)