



Lemon Chicken With Angel Hair Pasta And Artichokes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups angel hair pasta hot cooked (without salt or fat)
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 18 ounce artichoke hearts frozen thawed
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

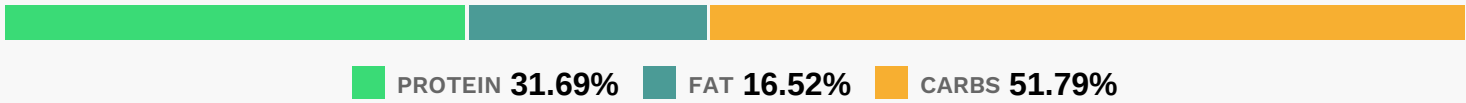
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle salt and pepper over chicken.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on each side or until browned.
- ☐ Remove chicken from skillet; set aside, and keep warm.
- ☐ Add garlic and lemon rind to skillet; cook 30 seconds.
- ☐ Add artichokes, and cook, stirring constantly, 30 seconds.
- ☐ Add chicken broth and lemon juice to skillet. Bring to a boil; return chicken to skillet. Cover, reduce heat, and simmer 8 minutes or until chicken is done. Stir in basil.
- ☐ Serve immediately over pasta.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:22.44, Inflammation Score:-7, Nutrition Score:25.579130411148%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 466.96kcal (23.35%), Fat: 8.59g (13.21%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 52.55g (19.11%), Sugar: 1.38g (1.53%), Cholesterol: 72.57mg (24.19%), Sodium: 513.24mg (22.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.15%), Selenium: 79.41µg (113.44%), Vitamin B3: 13.84mg (69.22%), Vitamin B6: 1.08mg (53.82%), Manganese: 0.92mg (45.88%), Folate: 181.29µg (45.32%), Phosphorus: 414.2mg (41.42%), Fiber: 8.02g (32.08%), Potassium: 851.18mg (24.32%), Magnesium: 95.75mg (23.94%), Vitamin B5: 2.12mg (21.24%), Vitamin B2: 0.34mg (19.96%), Vitamin C: 15.73mg (19.07%), Iron: 3.28mg (18.24%), Copper: 0.28mg (14.21%), Zinc: 1.93mg (12.87%), Vitamin B1: 0.19mg (12.69%), Vitamin K: 10.88µg (10.36%), Vitamin A: 338.03IU (6.76%), Vitamin E: 0.86mg (5.71%), Calcium: 52.51mg (5.25%), Vitamin B12: 0.31µg (5.2%)