



Linguine with Spicy Chicken Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces pasta uncooked
- 2 tablespoons vegetable oil
- 2 cloves garlic finely chopped
- 2 teaspoons anchovy paste
- 1 jalapeno red seeded finely chopped
- 2 tablespoons sun-dried olives packed in oil chopped
- 1 tablespoon oregano dried fresh chopped
- 0.5 pound chicken breast boneless skinless cut into 1-inch pieces
- 2 medium bell pepper red yellow cut into 1x1/4-inch strips

0.5 cup chicken broth dry red (from 32-ounce carton)

0.5 cup parmesan shredded freshly grated

Equipment

frying pan

Directions

Cook and drain linguine as directed on package.

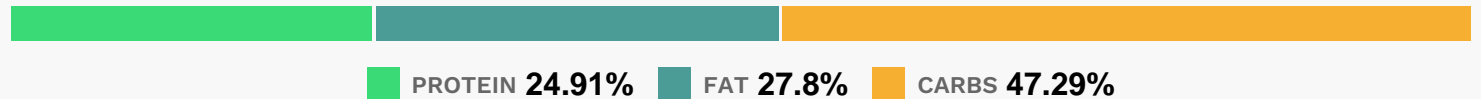
Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook garlic, anchovy paste, chile and tomatoes in oil about 5 minutes, stirring frequently, until garlic just begins to turn golden.

Stir in oregano, chicken, bell peppers and wine. Cover and cook about 10 minutes, stirring occasionally, until chicken is no longer pink in center.

Add linguine and 1/4 cup of the cheese to mixture in skillet; toss until linguine is evenly coated.

Sprinkle with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:17.73, Inflammation Score:-9, Nutrition Score:22.890434778255%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 421.63kcal (21.08%), Fat: 12.98g (19.97%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 46.42g (16.88%), Sugar: 2.93g (3.26%), Cholesterol: 47.92mg (15.97%), Sodium: 493.25mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.35%), Vitamin C: 116.37mg (141.05%), Selenium: 59.55µg (85.08%), Vitamin B3: 8.44mg (42.2%), Manganese: 0.76mg (37.86%), Phosphorus: 350.54mg (35.05%), Vitamin B6: 0.68mg (34.01%), Vitamin K: 22.61µg (21.54%), Calcium: 203.34mg (20.33%), Potassium: 614.26mg (17.55%), Magnesium: 69.2mg (17.3%), Copper: 0.31mg (15.69%), Vitamin B5: 1.32mg (13.18%), Fiber: 3.27g

(13.09%), Iron: 2.23mg (12.4%), Zinc: 1.78mg (11.85%), Vitamin B2: 0.2mg (11.69%), Vitamin B1: 0.14mg (9.22%), Folate: 34.72µg (8.68%), Vitamin E: 1.12mg (7.46%), Vitamin A: 311.99IU (6.24%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.17µg (1.13%)