



Linguine with Spicy Chicken Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons anchovy paste
- 0.5 cup chicken broth dry red (from 32-ounce carton)
- 2 cloves garlic finely chopped
- 8 ounces pasta uncooked
- 0.5 cup parmesan shredded freshly grated
- 1 jalapeno red seeded finely chopped
- 0.5 pound chicken breast boneless skinless cut into 1-inch pieces
- 2 tablespoons sun-dried olives packed in oil chopped
- 2 tablespoons vegetable oil

2 medium bell pepper red yellow cut into 1x1/4-inch strips

Equipment

frying pan

Directions

Cook and drain linguine as directed on package.

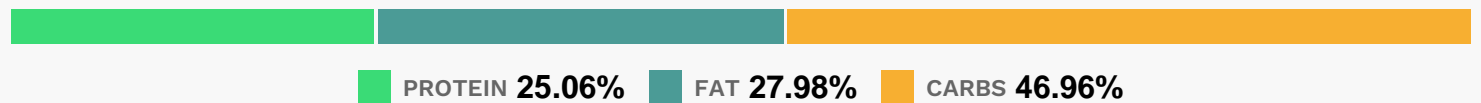
Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook garlic, anchovy paste, chile and tomatoes in oil about 5 minutes, stirring frequently, until garlic just begins to turn golden.

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:43.5, Glycemic Load:17.71, Inflammation Score:-7, Nutrition Score:21.863043531128%

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: 418.31kcal (20.92%), Fat: 12.93g (19.89%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 46.09g (16.76%), Sugar: 2.88g (3.2%), Cholesterol: 47.92mg (15.97%), Sodium: 492.94mg (21.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.13%), Vitamin C: 116.34mg (141.02%), Selenium: 59.5µg (85%), Vitamin B3: 8.38mg (41.91%), Phosphorus: 348.69mg (34.87%), Manganese: 0.69mg (34.74%), Vitamin B6: 0.67mg (33.36%), Calcium: 183.38mg (18.34%), Potassium: 598.51mg (17.1%), Magnesium: 65.83mg (16.46%), Copper: 0.31mg (15.3%), Vitamin K: 14.84µg (14.13%), Vitamin B5: 1.31mg (13.07%), Zinc: 1.74mg (11.62%), Vitamin B2: 0.19mg (11.31%), Fiber: 2.74g (10.97%), Iron: 1.77mg (9.85%), Vitamin B1: 0.14mg (9.07%), Folate: 31.76µg (7.94%), Vitamin E: 0.89mg (5.94%), Vitamin A: 290.73IU (5.81%), Vitamin B12: 0.3µg (4.93%), Vitamin D:

0.17µg (1.13%)