



Makeover Garlic Chicken Spaghetti

READY IN



30 min.

SERVINGS



8

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup chicken broth reduced-sodium
- 0.5 teaspoon basil dried
- 0.3 cup flour all-purpose
- 2.8 cups mushrooms fresh sliced
- 0.3 cup parsley fresh minced
- 5 garlic clove minced
- 0.5 teaspoon garlic salt
- 0.3 cup chicken broth reduced-sodium
- 0.3 cup olive oil divided

- 0.5 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.1 teaspoon pepper red crushed
- 0.3 teaspoon salt
- 1 pound chicken breast boneless skinless cut into 1-inch cubes
- 1 pound pasta like spaghetti
- 0.5 cup sun-dried olives packed in oil)
- 1 cup water boiling

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- Cook spaghetti according to package directions. Meanwhile, place tomatoes in a small bowl; add boiling water. Cover and let stand for 5 minutes.
- Drain and chop tomatoes; set aside. In a large resealable plastic bag, combine flour and garlic salt.
- Add chicken, a few pieces at a time, and shake to coat.
- In a large skillet, saute chicken in 2 tablespoons oil until no longer pink.
- Remove and keep warm. In the same skillet, saute mushrooms and garlic in remaining oil until tender.
- Add the broth, wine or additional broth, parsley, basil, salt, pepper and pepper flakes. Stir in the reserved tomatoes and chicken; heat through.
- Drain spaghetti.
- Add chicken mixture and cheese; toss to coat.

Nutrition Facts



■ PROTEIN 23.76% ■ FAT 25.02% ■ CARBS 51.22%

Properties

Glycemic Index:34.13, Glycemic Load:20.51, Inflammation Score:-5, Nutrition Score:20.00086953329%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 406.11kcal (20.31%), Fat: 11.29g (17.37%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 48.74g (17.72%), Sugar: 4.88g (5.42%), Cholesterol: 42.02mg (14.01%), Sodium: 465.9mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.23%), Selenium: 61.28µg (87.54%), Vitamin B3: 9.1mg (45.52%), Manganese: 0.76mg (37.96%), Vitamin K: 39.3µg (37.43%), Phosphorus: 330.05mg (33%), Vitamin B6: 0.6mg (29.82%), Potassium: 722.75mg (20.65%), Copper: 0.41mg (20.58%), Vitamin B2: 0.31mg (18.46%), Vitamin B5: 1.75mg (17.49%), Magnesium: 66.67mg (16.67%), Fiber: 3.25g (12.99%), Vitamin B1: 0.19mg (12.76%), Iron: 2.23mg (12.37%), Zinc: 1.8mg (12.03%), Calcium: 88.86mg (8.89%), Vitamin C: 7.15mg (8.66%), Folate: 33.4µg (8.35%), Vitamin E: 1.22mg (8.14%), Vitamin A: 299.64IU (5.99%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.15µg (1.03%)