



Mari's Chicken and Pasta

READY IN



35 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon parsley dried
- ☐ 1 cup cooking wine dry white
- ☐ 6 cloves garlic minced
- ☐ 2 green onions minced
- ☐ 1 tablespoon olive oil
- ☐ 12 ounces fettuccini pasta
- ☐ 1 cup peas green frozen

- ☐ 0.3 cup romano cheese grated
- ☐ 4 chicken breast halves boneless skinless chopped
- ☐ 1.5 cups tomatoes fresh chopped

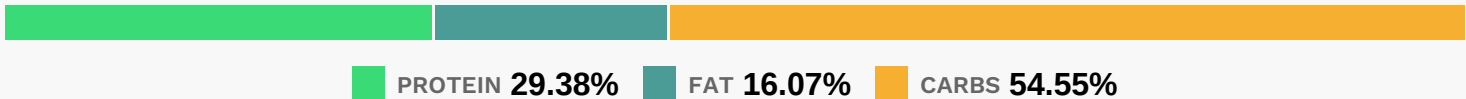
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add fettuccini pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a skillet over medium heat saute chicken and garlic in oil until brown and cooked thoroughly.
- ☐ Add chicken broth, white wine, peas, and parsley; bring to a boil. Reduce heat and simmer for 15 minutes.
- ☐ Remove from heat and add tomatoes, onions and cayenne pepper. Toss sauce with cooked pasta.
- ☐ Serve topped with Romano cheese and more sauce.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:18.87, Inflammation Score:-7, Nutrition Score:20.144347735073%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 401.19kcal (20.06%), Fat: 6.56g (10.09%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 46.2g (16.8%), Sugar: 4.6g (5.11%), Cholesterol: 53.33mg (17.78%), Sodium: 293.88mg (12.78%), Alcohol: 4.12g (100%), Alcohol %: 1.82% (100%), Protein: 26.98g (53.97%), Selenium: 61.67µg (88.11%), Vitamin B3: 9.76mg (48.78%), Manganese: 0.83mg (41.4%), Vitamin B6: 0.78mg (39.1%), Phosphorus: 348.41mg (34.84%), Vitamin K: 23.68µg (22.55%), Vitamin C: 17.79mg (21.57%), Potassium: 623.83mg (17.82%), Magnesium: 70.72mg (17.68%), Fiber: 3.9g (15.6%), Vitamin B5: 1.44mg (14.4%), Copper: 0.27mg (13.62%), Vitamin B1: 0.2mg (13.2%), Zinc: 1.85mg (12.34%), Vitamin B2: 0.21mg (12.2%), Vitamin A: 589.39IU (11.79%), Iron: 1.84mg (10.21%), Folate: 38.47µg (9.62%), Calcium: 87.1mg (8.71%), Vitamin E: 0.86mg (5.72%), Vitamin B12: 0.21µg (3.42%)