



Not Really Chicken Scampi

READY IN



35 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 tablespoon parsley fresh chopped to taste
- ☐ 3 cloves garlic chopped
- ☐ 1 optional: lemon halved
- ☐ 16 ounce pasta
- ☐ 1 teaspoon olive oil or as needed
- ☐ 1 onion chopped
- ☐ 2 portabello mushrooms chopped to taste

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 chicken breast halves boneless skinless thinly sliced cut into cubes
- ☐ 0.5 cup white wine

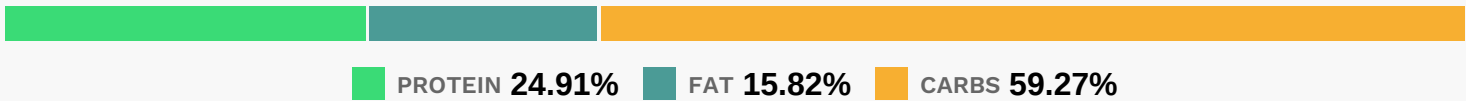
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite, about 11 minutes; drain.
- ☐ Heat butter and 1 tablespoon olive oil in a skillet over medium heat; cook and stir onion, mushrooms, and garlic in the hot oil-butter mixture until slightly softened, 2 to 3 minutes.
- ☐ Heat 1 teaspoon olive oil in a separate skillet; cook and stir chicken in the hot oil until no longer pink in the center, about 10 minutes.
- ☐ Transfer chicken to onion mixture.
- ☐ Pour white wine into chicken-onion mixture; bring to a simmer.
- ☐ Add tomatoes, parsley, red pepper flakes, and linguine; mix well. Simmer until heated through, 3 to 5 minutes. Squeeze lemon halves over mixture; toss.

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:37.43, Inflammation Score:-8, Nutrition Score:31.585652532785%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 697.4kcal (34.87%), Fat: 11.9g (18.31%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 100.33g (33.44%), Net Carbohydrates: 92.88g (33.78%), Sugar: 10.63g (11.81%), Cholesterol: 87.37mg (29.12%), Sodium: 325.85mg (14.17%), Alcohol: 3.09g (100%), Alcohol %: 0.84% (100%), Protein: 42.18g (84.35%), Selenium: 116.95µg (167.07%), Vitamin B3: 16.97mg (84.83%), Manganese: 1.39mg (69.48%), Vitamin B6: 1.32mg (66.11%), Phosphorus: 552.88mg (55.29%), Potassium: 1234.42mg (35.27%), Vitamin C: 28.86mg (34.99%), Copper: 0.69mg (34.63%), Vitamin B5: 2.98mg (29.8%), Fiber: 7.45g (29.8%), Magnesium: 118.81mg (29.7%), Vitamin K: 23.62µg (22.5%), Iron: 3.76mg (20.91%), Vitamin B1: 0.3mg (20.32%), Zinc: 2.9mg (19.32%), Vitamin B2: 0.31mg (18.4%), Folate: 59.95µg (14.99%), Vitamin E: 2.05mg (13.63%), Vitamin A: 587.22IU (11.74%), Calcium: 88.47mg (8.85%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.24µg (1.59%)