



Olive Blasta Pasta

READY IN



30 min.

SERVINGS



2

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 0.5 teaspoon basil dried
- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 green onions chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 ounces fettuccini pasta
- ☐ 2 chicken breast halves boneless skinless cut into bite size pieces

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10 sun-dried tomatoes softened

Equipment

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frying pan

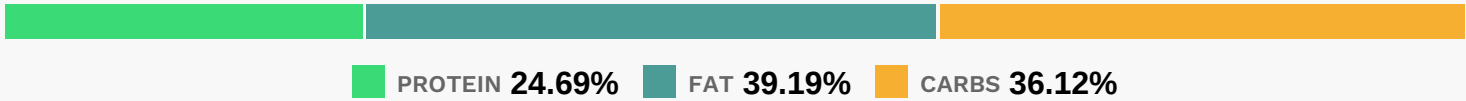
☐

pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large skillet over medium-high heat, cook chicken until brown and juices run clear, 5 to 10 minutes. Stir in green onions, basil, olives, olive oil, garlic, Parmesan, sun-dried tomatoes and parsley; cook 5 minutes, or until garlic is golden and whites of onions are translucent. Toss chicken mixture with pasta; serve.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:18.6, Inflammation Score:-7, Nutrition Score:26.609130587267%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 564.98kcal (28.25%), Fat: 24.7g (37.99%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 46.56g (16.93%), Sugar: 5.77g (6.41%), Cholesterol: 76.67mg (25.56%), Sodium: 762.82mg (33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.01g (70.01%), Selenium: 74.79µg (106.84%), Vitamin K: 75.51µg (71.91%), Vitamin B3: 13.85mg (69.23%), Vitamin B6: 1mg (49.82%), Phosphorus: 420.54mg (42.05%), Manganese: 0.79mg (39.26%), Potassium: 964.84mg (27.57%), Vitamin E: 3.71mg (24.76%), Magnesium: 89.66mg (22.41%), Vitamin B5: 2.11mg (21.11%), Copper: 0.4mg (19.97%), Fiber: 4.65g (18.58%), Iron: 2.87mg (15.94%), Vitamin B2: 0.23mg (13.58%), Zinc: 1.98mg (13.19%), Vitamin B1: 0.19mg (12.97%), Vitamin C: 10.43mg (12.64%), Vitamin A: 587.23IU (11.74%), Calcium: 108.8mg (10.88%), Folate: 34.36µg (8.59%), Vitamin B12: 0.29µg (4.89%)