

Orecchiette with Chicken, Caramelized Onions, and Blue Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



849 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup cheese blue crumbled
- 1 tablespoon butter
- 1.3 pounds meat from a rotisserie chicken boneless skinless
- 4 breasts
- 0.8 teaspoon rosemary dried fresh crumbled chopped
- 1 clove garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 3 tablespoons olive oil

- 2 onions quartered cut into thin slices
- 0.5 pound orecchiette
- 4 servings try build-a-meal
- 1 teaspoon salt

Equipment

- frying pan
- pot

Directions

- In a large nonstick frying pan, melt the butter with 2 tablespoons of oil over moderately high heat.
- Add the onions and 1/2 teaspoon of the salt and cook, stirring frequently, until well browned, about 25 minutes.
- Remove.
- Add the remaining 1 tablespoon oil to the pan and reduce the heat to moderate. Season the chicken with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper and add to the pan along with the rosemary. Cook the chicken until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes longer.
- Add the garlic. Cook, stirring, for 30 seconds. Cover the pan, remove from the heat, and let steam for 5 minutes.
- Cut the chicken into 1/4-inch slices.
- Meanwhile, in a large pot of boiling, salted water, cook the orecchiette until just done, about 15 minutes. Reserve about 1/4 cup of the pasta water.
- Drain the pasta and toss with 2 tablespoons of the pasta water, the onions, the chicken with pan juices, the blue cheese, and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. If the pasta seems dry, add more of the reserved pasta water. Wine Recommendation: The onions and cheese drive the wine choice for this dish. A lighter red wine from the Piedmont region of Italy, such as one based on the barbera or dolcetto grapes, has the weight and acidity to stand up to the sweet and salty flavors.

Nutrition Facts



■ PROTEIN 33.62% ■ FAT 42.93% ■ CARBS 23.45%

Properties

Glycemic Index:52, Glycemic Load:18.35, Inflammation Score:-7, Nutrition Score:39.302174122437%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 848.55kcal (42.43%), Fat: 39.78g (61.19%), Saturated Fat: 12.66g (79.1%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 45.86g (16.68%), Sugar: 3.95g (4.39%), Cholesterol: 248.63mg (82.88%), Sodium: 983.54mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.09g (140.18%), Vitamin B12: 29.82µg (496.95%), Selenium: 94.87µg (135.52%), Vitamin B6: 1.8mg (89.92%), Phosphorus: 723.98mg (72.4%), Vitamin B3: 13.88mg (69.41%), Vitamin B1: 1.03mg (68.91%), Iron: 11.88mg (66.01%), Vitamin B2: 0.88mg (51.98%), Copper: 0.92mg (45.82%), Manganese: 0.7mg (35.17%), Vitamin B5: 3.1mg (30.97%), Potassium: 1005.94mg (28.74%), Magnesium: 106.65mg (26.66%), Zinc: 3.95mg (26.3%), Vitamin C: 19.48mg (23.61%), Calcium: 132.26mg (13.23%), Vitamin E: 1.94mg (12.95%), Fiber: 3.03g (12.1%), Folate: 44.96µg (11.24%), Vitamin A: 440.12IU (8.8%), Vitamin K: 8.61µg (8.2%), Vitamin D: 0.23µg (1.53%)