



Pan-Seared Chicken with Artichokes and Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce artichoke hearts undrained
- 0.3 teaspoon pepper black
- 14.5 ounce tomatoes diced canned drained
- 4 cups cavatappi hot tube-shaped cooked uncooked () (short twisted spaghetti)
- 0.5 cup wine dry white
- 1 garlic clove minced
- 0.5 cup spring onion sliced
- 1 tablespoon kalamata olives pitted chopped

- 2 tablespoons parmesan fresh grated
- 0.3 teaspoon salt
- 1.5 pounds chicken thighs boneless skinless

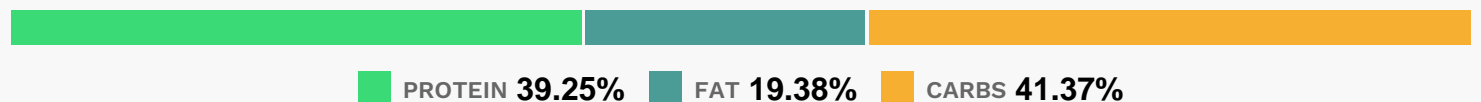
Equipment

- bowl
- frying pan
- colander

Directions

- Drain artichokes in a colander over a bowl, reserving marinade.
- Sprinkle chicken with salt and pepper; coat with cooking spray.
- Heat a large nonstick skillet over medium-high heat.
- Add chicken; saut 3 minutes on each side.
- Add onions and garlic; saut 1 minute. Stir in reserved artichoke marinade and wine, scraping pan to loosen browned bits. Bring to a boil; reduce heat, and stir in artichokes, pasta, olives, and tomatoes. Cook 2 minutes or until thoroughly heated.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:16.97, Inflammation Score:-6, Nutrition Score:24.105217294201%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 458.08kcal (22.9%), Fat: 9.2g (14.15%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 39.96g (14.53%), Sugar: 4.05g (4.5%), Cholesterol: 163.29mg (54.43%), Sodium: 676.78mg (29.43%), Alcohol: 3.09g (100%), Alcohol %: 0.81% (100%), Protein: 41.93g (83.86%), Selenium: 70.36µg (100.52%), Vitamin B3: 10.82mg (54.09%), Vitamin B6: 0.96mg (48.19%), Phosphorus: 434.56mg (43.46%), Vitamin K: 34.2µg (32.57%), Manganese: 0.57mg (28.46%), Vitamin B2: 0.41mg (23.83%), Vitamin B5: 2.33mg (23.35%), Zinc: 3.49mg (23.29%), Iron: 4.18mg (23.24%), Potassium: 725.28mg (20.72%), Magnesium: 78.8mg (19.7%), Vitamin B12: 1.12µg (18.64%), Fiber: 4.24g (16.94%), Vitamin B1: 0.23mg (15.62%), Copper: 0.3mg (15.12%), Vitamin C: 12.14mg (14.72%), Calcium: 99.73mg (9.97%), Vitamin E: 1.23mg (8.19%), Folate: 31.83µg (7.96%), Vitamin A: 313.82IU (6.28%)