



Pappardelle with Chicken and Mushroom Ragù

READY IN



45 min.

SERVINGS



4

CALORIES



664 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups baby arugula
- ☐ 3 tablespoons balsamic vinegar
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 6 ounces cremini mushrooms
- ☐ 3 garlic cloves
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 0.5 pound pappardelle dried
- ☐ 4 servings accompaniment: parmigiano-reggiano grated

- ☐ 0.8 teaspoon rosemary chopped
- ☐ 1.3 pounds chicken thighs boneless skinless cut into 1/2-inch pieces

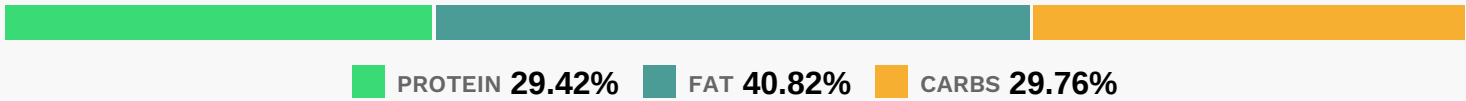
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Pulse mushrooms and garlic in a food processor until finely chopped.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Season chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until just golden, about 3 minutes.
- ☐ Transfer with a slotted spoon to a bowl.
- ☐ Reduce heat to medium and cook onion, stirring occasionally, until softened, about 3 minutes.
- ☐ Add mushroom mixture, rosemary, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring constantly, until beginning to brown, about 4 minutes.
- ☐ Add vinegar and cook until evaporated.
- ☐ Add chicken and tomatoes (with juice), then simmer, breaking up tomatoes with a spoon and stirring occasionally, until sauce is just thickened, about 15 minutes.
- ☐ Meanwhile, cook pappardelle in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente.
- ☐ Add arugula to sauce and stir until wilted. Stir in drained pasta and cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:19.07, Inflammation Score:-9, Nutrition Score:32.192174289538%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 14.08mg, Kaempferol: 14.08mg, Kaempferol: 14.08mg, Kaempferol: 14.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 663.67kcal (33.18%), Fat: 29.93g (46.05%), Saturated Fat: 8.97g (56.04%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 45.98g (16.72%), Sugar: 5.42g (6.02%), Cholesterol: 202.69mg (67.56%), Sodium: 636.14mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.54g (97.09%), Selenium: 95.05µg (135.78%), Phosphorus: 692.55mg (69.26%), Vitamin B3: 10.96mg (54.81%), Vitamin K: 56.74µg (54.04%), Calcium: 471.17mg (47.12%), Vitamin B6: 0.91mg (45.29%), Manganese: 0.78mg (38.93%), Vitamin B2: 0.65mg (38.33%), Vitamin B5: 3.2mg (32.02%), Zinc: 4.79mg (31.93%), Magnesium: 105.11mg (26.28%), Copper: 0.52mg (25.86%), Potassium: 899.66mg (25.7%), Vitamin A: 1253.81IU (25.08%), Vitamin B12: 1.47µg (24.57%), Vitamin B1: 0.31mg (20.42%), Folate: 77.09µg (19.27%), Iron: 3.45mg (19.19%), Vitamin E: 2.66mg (17.71%), Fiber: 3.12g (12.48%), Vitamin C: 8.01mg (9.71%), Vitamin D: 0.36µg (2.42%)