



## Pappardelle with Chicken and Winter Greens

READY IN



60 min.

SERVINGS



6

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 cup freshly asiago cheese shredded divided
- ☐ 3 cups chicken meat dark shredded white (from one)
- ☐ 0.3 cup cooking sherry dry
- ☐ 3 large garlic cloves thinly sliced
- ☐ 0.3 cup heavy cream
- ☐ 1 medium optional: lemon
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces pappardelle pasta dried

- ☐ 0.5 medium head radicchio thinly
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 lb swiss chard green

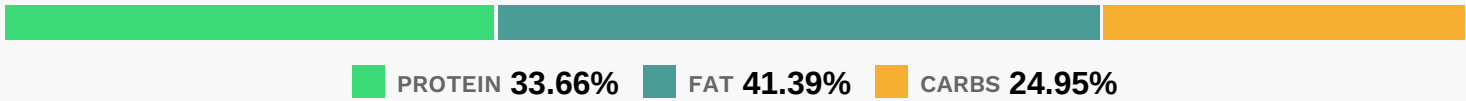
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

## Directions

- ☐ Bring a large pot of well-salted water to a boil over high heat. Meanwhile, trim stems and ribs from chard (save for another use, such as soup, if you like).
- ☐ Cut leaves crosswise into 1/3-in.-wide ribbons. Peel any rubbery outer leaves from radicchio and cut out tough core; discard both. Slice remaining leaves crosswise into 1/3-in.-wide ribbons. Zest lemon and set aside zest. Juice lemon and set aside 3 tbsp. juice.
- ☐ Heat olive oil in a 12-in. frying pan over medium heat.
- ☐ Add garlic and cook until just translucent, about 2 minutes. Increase heat to medium-high.
- ☐ Add chicken broth, sherry, chard, radicchio, and lemon zest. Turn to coat and cook until chard is just tender to the bite, 2 to 3 minutes.
- ☐ Add cream and half the cheese; stir to combine. Stir in chicken and cook until warmed through. Stir in lemon juice and season with salt and pepper.
- ☐ Meanwhile, cook pappardelle in boiling water according to package directions. When pasta is cooked, drain and add to frying pan; use tongs to combine.
- ☐ Transfer pasta to a serving bowl, sprinkle with remaining cheese, and serve.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:12.47, Inflammation Score:-10, Nutrition Score:24.407826185226%

## Flavonoids

Cyanidin: 29.63mg, Cyanidin: 29.63mg, Cyanidin: 29.63mg, Cyanidin: 29.63mg Delphinidin: 1.79mg, Delphinidin: 1.79mg, Delphinidin: 1.79mg, Delphinidin: 1.79mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 9.21mg, Luteolin: 9.21mg, Luteolin: 9.21mg, Luteolin: 9.21mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

## Nutrients (% of daily need)

Calories: 555.87kcal (27.79%), Fat: 25.48g (39.2%), Saturated Fat: 9.51g (59.47%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 31.34g (11.4%), Sugar: 2.84g (3.16%), Cholesterol: 171.59mg (57.2%), Sodium: 862.44mg (37.5%), Alcohol: 1.37g (100%), Alcohol %: 0.51% (100%), Protein: 46.62g (93.24%), Vitamin K: 690.92µg (658.02%), Vitamin A: 4982.53IU (99.65%), Selenium: 35.13µg (50.18%), Vitamin C: 34.63mg (41.98%), Manganese: 0.69mg (34.72%), Phosphorus: 272.17mg (27.22%), Calcium: 272.15mg (27.21%), Magnesium: 97.97mg (24.49%), Vitamin E: 2.96mg (19.7%), Copper: 0.36mg (17.85%), Potassium: 535.72mg (15.31%), Iron: 2.61mg (14.49%), Fiber: 3.23g (12.91%), Vitamin B2: 0.2mg (11.89%), Vitamin B6: 0.23mg (11.58%), Zinc: 1.7mg (11.32%), Folate: 39.42µg (9.85%), Vitamin B1: 0.12mg (7.89%), Vitamin B3: 1.52mg (7.61%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.41µg (2.72%)