



Parmesan Chicken with Bow Ties

READY IN



20 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces bow-tie pasta
- ☐ 2 cups broccoli florets
- ☐ 1.5 pounds chicken breast cut into 1/2-inch pieces
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced finely
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup canned tomatoes diced canned drained
- ☐ 6 servings salt and pepper

Equipment

☐ frying pan

Directions

- ☐ Cook pasta in boiling salted water until al dente, about 10minutes, or as label directs; add broccoli for final 3 minutes.
- ☐ Drain, reserving 1 cup cooking liquid. Toss pasta and broccoli with 1 Tbsp. oil.
- ☐ Warm remaining oil in a skillet over medium-high heat.
- ☐ Add chicken, onion and garlic, sprinkle with salt and pepper; saut for 5 minutes.
- ☐ Add tomatoes; saut for 2 minutes. Toss in pasta, broccoli, Parmesan and 1/2 cup of cooking liquid.
- ☐ Add more liquid if dry.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:18.64, Inflammation Score:-7, Nutrition Score:24.815217235814%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 442.92kcal (22.15%), Fat: 10.85g (16.7%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 45.39g (16.51%), Sugar: 4.38g (4.86%), Cholesterol: 78.24mg (26.08%), Sodium: 526.21mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.31%), Selenium: 75.2µg (107.42%), Vitamin B3: 13.52mg (67.61%), Vitamin B6: 1.08mg (53.87%), Phosphorus: 440.97mg (44.1%), Vitamin C: 33.3mg (40.37%), Manganese: 0.71mg (35.42%), Vitamin K: 36.38µg (34.64%), Potassium: 788.84mg (22.54%), Vitamin B5: 2.2mg (22.04%), Magnesium: 79.06mg (19.76%), Calcium: 148.87mg (14.89%), Copper: 0.29mg (14.68%), Fiber: 3.59g (14.35%), Vitamin B2: 0.24mg (13.87%), Zinc: 1.95mg (13.01%), Vitamin B1: 0.19mg (12.4%), Vitamin E: 1.71mg (11.41%),

Iron: 2.04mg (11.33%), Folate: 41.93µg (10.48%), Vitamin A: 375.12IU (7.5%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.16µg (1.03%)