



Pasta, Broccoli and Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound chicken breast halves boneless cooked chopped
- 0.5 pound broccoli florets fresh
- 1 tablespoon garlic minced
- 6 servings pepper black to taste
- 0.3 cup olive oil
- 0.8 cup parmesan cheese grated
- 2 tablespoons basil pesto
- 12 ounces rigatoni
- 6 servings salt to taste

1 cup tomatoes chopped

Equipment

bowl

frying pan

sauce pan

pot

slotted spoon

Directions

In a large pot with boiling salted water cook rigatoni pasta until al dente.

Drain.

Meanwhile, blanch broccoli florets in a medium size saucepan, remove with slotted spoon. In same pan saute the minced garlic and pesto sauce in the olive oil for 2 minutes.

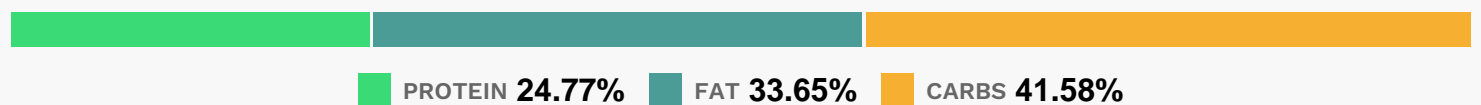
Add the chopped tomatoes and set aside.

In a large bowl toss cooked pasta with blanched broccoli, cooked chicken, and garlic/tomato mixture.

Add grated Parmesan cheese, salt, and ground black pepper and mix well.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:17.9, Inflammation Score:-7, Nutrition Score:22.504347798617%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 467.63kcal (23.38%), Fat: 17.36g (26.71%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 45.04g (16.38%), Sugar: 2.99g (3.32%), Cholesterol: 59.66mg (19.89%), Sodium: 564.53mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.53%), Selenium: 65.54µg (93.63%), Vitamin C: 38.44mg (46.6%), Vitamin B3: 9.26mg (46.29%), Vitamin K: 46.54µg (44.33%), Vitamin B6: 0.76mg (37.99%), Phosphorus: 378.27mg (37.83%), Manganese: 0.69mg (34.26%), Potassium: 614.26mg (17.55%), Magnesium: 65.26mg (16.32%), Vitamin B5: 1.61mg (16.1%), Calcium: 157.55mg (15.76%), Vitamin A: 674.62IU (13.49%), Vitamin E: 2mg (13.31%), Zinc: 1.99mg (13.29%), Fiber: 3.23g (12.91%), Vitamin B2: 0.2mg (11.96%), Copper: 0.23mg (11.4%), Folate: 41.58µg (10.39%), Vitamin B1: 0.14mg (9.44%), Iron: 1.53mg (8.5%), Vitamin B12: 0.32µg (5.33%)