



 **12%**
HEALTH SCORE

Pasta, Chicken and Artichokes

READY IN



40 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce artichoke hearts drained sliced canned
- 0.3 cup broccoli fresh chopped
- 0.3 cup chicken broth
- 0.3 cup mushrooms fresh sliced
- 0.3 cup mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 1 teaspoon garlic minced
- 1 teaspoon olive oil
- 4 tablespoons parmesan cheese grated

- 4 ounces soup noodles uncooked
- 0.3 cup bell pepper red chopped
- 4 servings salt and pepper to taste
- 3 chicken breast halves boneless skinless cut into strips
- 0.3 cup tomatoes chopped

Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of water to a boil. Cook pasta in boiling water until done.
- Drain, and set aside.
- In a large saute pan, heat olive oil over medium high heat; brown the chicken and garlic in oil (about 5 minutes).
- Remove from the pan, and set aside.
- Pour the chicken broth into the pan; then add the broccoli and tomato, and cook for about 5 minutes. Stir in the artichoke hearts, mushrooms, red bell pepper, cooked chicken, and pasta; cook for 3 to 5 more minutes, or until hot. Season to taste with salt and pepper.
- Transfer to a serving bowl, and top with Parmesan cheese and parsley.
- Serve.

Nutrition Facts



PROTEIN 38.69% **FAT 18.16%** **CARBS 43.15%**

Properties

Glycemic Index:67.5, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:16.321304181348%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 265.55kcal (13.28%), Fat: 5.17g (7.96%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 24.61g (8.95%), Sugar: 2.57g (2.86%), Cholesterol: 58.88mg (19.63%), Sodium: 806.11mg (35.05%), Alcohol: 0g (100%), Protein: 24.8g (49.61%), Selenium: 48.22µg (68.88%), Vitamin B3: 9.99mg (49.95%), Vitamin B6: 0.75mg (37.3%), Phosphorus: 284.18mg (28.42%), Vitamin C: 20.93mg (25.38%), Vitamin K: 24.1µg (22.95%), Manganese: 0.34mg (16.83%), Vitamin B5: 1.6mg (16.05%), Potassium: 494.5mg (14.13%), Fiber: 3.05g (12.22%), Vitamin B2: 0.19mg (11.4%), Vitamin A: 556.69IU (11.13%), Magnesium: 44.03mg (11.01%), Zinc: 1.26mg (8.41%), Copper: 0.16mg (8.04%), Vitamin B1: 0.11mg (7.24%), Calcium: 62.37mg (6.24%), Folate: 21.52µg (5.38%), Iron: 0.96mg (5.35%), Vitamin E: 0.62mg (4.11%), Vitamin B12: 0.24µg (4.08%)