



Pasta Chicken and Sun-Dried Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce farfalle pasta (bow tie)
- 0.3 cup olive oil
- 4 chicken breast halves boneless skinless
- 1 summer squash steamed chopped
- 0.5 cup sun-dried olives
- 1 zucchini steamed cut into chunks

Equipment

- frying pan

mixing bowl

pot

Directions

Add pasta to a large pot of salted boiling water.

Let cook for 8 to 10 minutes or until al dente.

Drain.

Meanwhile, saute chicken breasts in a medium skillet over medium high heat.

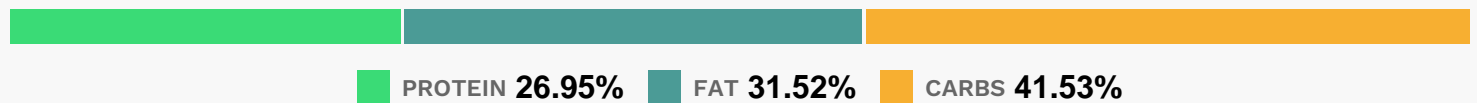
Saute for 8 to 10 minutes each side or until chicken is cooked through and juices run clear.

Remove chicken from skillet and cut into bite size pieces.

In a large mixing bowl, toss cooked pasta with oil to coat.

Add chicken pieces, sun-dried tomatoes, zucchini and squash and toss again. Finally, add cheese and serve.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:9.66, Inflammation Score:-4, Nutrition Score:13.180434817853%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 255.08kcal (12.75%), Fat: 8.97g (13.8%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.32g (8.84%), Sugar: 4.49g (4.99%), Cholesterol: 36.16mg (12.05%), Sodium: 77.18mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.51%), Selenium: 36.47µg (52.1%), Vitamin B3: 7.23mg (36.13%), Vitamin B6: 0.58mg (28.98%), Manganese: 0.48mg (24.08%), Phosphorus: 215.33mg (21.53%), Potassium: 636.28mg (18.18%), Vitamin C: 11.92mg (14.45%), Magnesium: 51.63mg (12.91%), Vitamin B5: 1.16mg (11.59%), Copper: 0.22mg (11.01%), Vitamin B2: 0.16mg (9.7%), Fiber: 2.27g (9.07%), Vitamin K: 8.95µg (8.52%), Vitamin B1: 0.12mg (8.05%), Iron: 1.42mg (7.87%), Vitamin E: 1.17mg (7.8%), Zinc: 1.01mg (6.76%), Folate: 25.02µg (6.26%), Vitamin A: 175.04IU (3.5%), Calcium: 24mg (2.4%), Vitamin B12: 0.11µg (1.88%)