



Pasta Shells with Chicken and Brussels Sprouts

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound brussels sprouts fresh frozen cut into quarters from top to stem end 10-ounce package
- ☐ 3 tablespoons butter
- ☐ 1 cup chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1.5 teaspoons juice of lemon

- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 pound shells
- ☐ 0.5 onion red chopped
- ☐ 0.1 teaspoon red-pepper flakes dried
- ☐ 1 teaspoon salt
- ☐ 4 chicken breasts boneless skinless

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large nonstick frying pan, heat 1 tablespoon each of the oil and the butter over moderate heat. Season the chicken with 1/4 teaspoon each of the salt and pepper. Cook the breasts until browned and just done, 4 to 5 minutes per side.
- ☐ Remove the chicken from the pan and let it rest for 5 minutes.
- ☐ Cut into small pieces.
- ☐ In the same pan, heat the remaining 1 tablespoon oil over moderately low heat.
- ☐ Add the red onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Stir in the garlic, Brussels sprouts, broth, and red-pepper flakes. Bring to a simmer and cook, covered, until the Brussels sprouts are just done, about 5 minutes.
- ☐ Add the chicken, lemon juice, parsley, Parmesan, and the remaining 2 tablespoons butter, 3/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Remove from the heat.
- ☐ In a large pot of boiling, salted water, cook the pasta until just done, about 10 minutes.
- ☐ Drain and toss with the sauce.
- ☐ Wine Recommendation: A crisp white wine such as a chardonnay-based Chablis from France matches up nicely with the acidity of the lemon juice in the sauce.

Nutrition Facts



 **PROTEIN 26.92%**  **FAT 35.2%**  **CARBS 37.88%**

Properties

Glycemic Index:61.25, Glycemic Load:18.91, Inflammation Score:-9, Nutrition Score:34.030869535778%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 567.73kcal (28.39%), Fat: 22.31g (34.33%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 54.04g (18.01%), Net Carbohydrates: 48.51g (17.64%), Sugar: 4.16g (4.62%), Cholesterol: 102.14mg (34.05%), Sodium: 972.16mg (42.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.79%), Vitamin K: 218.74µg (208.33%), Selenium: 76.69µg (109.56%), Vitamin C: 80.85mg (98%), Vitamin B3: 14.29mg (71.45%), Vitamin B6: 1.17mg (58.37%), Phosphorus: 485.39mg (48.54%), Manganese: 0.91mg (45.7%), Potassium: 997.43mg (28.5%), Vitamin A: 1345.97IU (26.92%), Fiber: 5.53g (22.1%), Vitamin B5: 2.2mg (22.03%), Magnesium: 86.98mg (21.75%), Folate: 76.21µg (19.05%), Vitamin E: 2.6mg (17.32%), Vitamin B1: 0.26mg (17.18%), Vitamin B2: 0.28mg (16.7%), Iron: 2.84mg (15.77%), Zinc: 2.33mg (15.54%), Copper: 0.31mg (15.37%), Calcium: 144.66mg (14.47%), Vitamin B12: 0.42µg (6.92%), Vitamin D: 0.15µg (1.03%)