



Pasta With Chicken and Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olive oil
- 0.5 pound chicken breast boneless cut in ½ in strips
- 1 pinch pepper red
- 0.5 pound lasagna noodles cooked ()
- 2 garlic clove minced
- 1.5 cups broccoli florets
- 1 teaspoon basil dried
- 0.3 cup wine
- 0.8 cup chicken broth

4 servings parmesan cheese grated

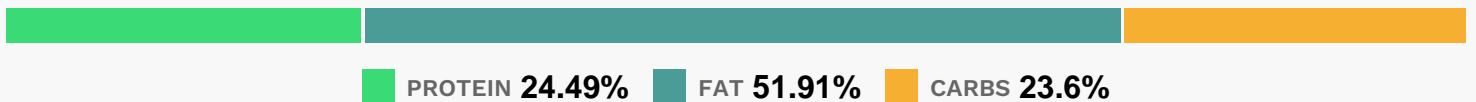
Equipment

frying pan

Directions

- In a large skillet, heat oil over medium heat.
- Sautee garlic for about one minute, stirring constantly. DO NOT BURN.
- Add the chicken and cook until well done.
- Add the broccoli and cook until crisp but tender.
- Add basil; red pepper; salt and pepper to taste; wine and chicken broth. cook for about 5 minutes.
- Add the cooked and drained pasta to the skillet and toss to combine.
- Heat for 1 to 2 minutes
- Serve.
- Top with grated Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:18.877391304348%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Taste

Sweetness: 20.34%, Saltiness: 100%, Sourness: 26.5%, Bitterness: 27.85%, Savoriness: 60.29%, Fattiness: 85.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 429.3kcal (21.46%), Fat: 24.14g (37.13%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 22.65g (8.24%), Sugar: 1.27g (1.41%), Cholesterol: 63.27mg (21.09%), Sodium: 767.95mg (33.39%), Alcohol: 1.55g (8.58%), Protein: 25.62g (51.23%), Selenium: 44.88µg (64.12%), Vitamin K: 47.96µg (45.67%), Vitamin C: 31.59mg (38.29%), Phosphorus: 372.19mg (37.22%), Vitamin B3: 6.52mg (32.6%), Calcium: 299.69mg (29.97%), Vitamin B6: 0.57mg (28.32%), Manganese: 0.38mg (18.8%), Vitamin E: 2.56mg (17.07%), Vitamin B2: 0.24mg (14.39%), Zinc: 2.14mg (14.28%), Potassium: 429.56mg (12.27%), Vitamin B5: 1.19mg (11.86%), Magnesium: 46.74mg (11.69%), Vitamin A: 499.4IU (9.99%), Iron: 1.72mg (9.56%), Vitamin B12: 0.53µg (8.79%), Fiber: 2.04g (8.17%), Folate: 30.51µg (7.63%), Vitamin B1: 0.09mg (6.21%), Copper: 0.12mg (5.9%), Vitamin D: 0.21µg (1.38%)