



## Pasta with Grilled Chicken and Asparagus

 Very Healthy

READY IN



12 min.

SERVINGS



5

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 ounce angel hair pasta refrigerated
- 1 pound asparagus
- 3 tablespoons balsamic vinegar
- 12 ounce grilled chicken strips (such as Louis Rich)
- 2 green onions cut into 1-inch pieces
- 8 ounce pre mushrooms
- 2 tablespoons olive oil
- 0.5 cup preshredded parmesan cheese fresh

- 0.5 teaspoon pepper
- 2 tablespoons water hot

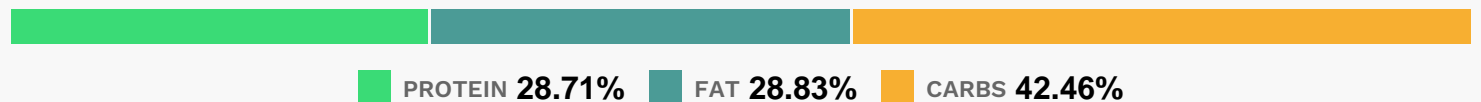
## Equipment

- oven
- whisk
- broiler pan

## Directions

- Preheat oven to 45
- Snap off tough ends of asparagus, and cut asparagus into 2-inch pieces. Arrange asparagus, mushrooms, and green onions in a single layer on a broiler pan coated with cooking spray.
- Bake at 450 for 8 to 10 minutes or until golden brown, stirring once.
- Cook pasta according to package directions, omitting salt and fat.
- Drain, reserving 3 tablespoons pasta water.
- Add roasted vegetables, reserved pasta water, and chicken to pasta; toss gently.
- Combine olive oil, 2 tablespoons hot water, balsamic vinegar, and pepper; stir well with a whisk.
- Add to pasta mixture, and toss well.
- Sprinkle with cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.4, Glycemic Load:17.16, Inflammation Score:-7, Nutrition Score:23.217391322488%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg,

Kaempferol: 1.33mg Quercetin: 13.2mg, Quercetin: 13.2mg, Quercetin: 13.2mg, Quercetin: 13.2mg

## Nutrients (% of daily need)

Calories: 430.26kcal (21.51%), Fat: 13.74g (21.14%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 41.37g (15.04%), Sugar: 5.59g (6.22%), Cholesterol: 57.83mg (19.28%), Sodium: 221.8mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.6%), Selenium: 57.58µg (82.26%), Vitamin K: 51.59µg (49.14%), Vitamin B3: 8.81mg (44.04%), Phosphorus: 386.58mg (38.66%), Manganese: 0.69mg (34.6%), Vitamin B2: 0.48mg (28.13%), Copper: 0.52mg (25.76%), Vitamin B6: 0.49mg (24.69%), Iron: 3.93mg (21.82%), Vitamin B5: 1.86mg (18.61%), Zinc: 2.78mg (18.56%), Potassium: 633.01mg (18.09%), Folate: 71.28µg (17.82%), Vitamin B1: 0.26mg (17.42%), Vitamin A: 840.78IU (16.82%), Calcium: 167.58mg (16.76%), Fiber: 4.17g (16.67%), Magnesium: 65.03mg (16.26%), Vitamin E: 1.94mg (12.95%), Vitamin C: 6.94mg (8.41%), Vitamin B12: 0.34µg (5.59%)