

Penne Rustica

READY IN



30 min.

SERVINGS



4

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup artichoke hearts jarred quartered
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings meat from a rotisserie chicken cooked cut into 1-inch pieces
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 0.5 cup oil-packed sun-dried tomatoes chopped
- ☐ 0.3 cup parmesan grated
- ☐ 1 pound penne pasta
- ☐ 0.5 cup pimento-stuffed olives green sliced
- ☐ 1 cup roasted peppers red chopped

- ☐ 3 roasted roma tomatoes diced plum
- ☐ 4 servings salt
- ☐ 4 servings zucchini cooked cut into 1-inch pieces

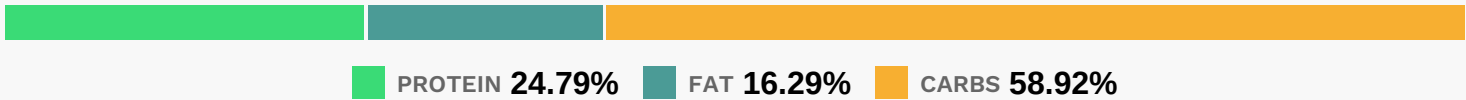
Equipment

- ☐ bowl

Directions

- ☐ Cook penne according to package directions.
- ☐ Drain and transfer to a large bowl. Stir in chicken and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:36.39, Inflammation Score:-8, Nutrition Score:27.933478332732%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 677.8kcal (33.89%), Fat: 12.17g (18.72%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 99.05g (33.02%), Net Carbohydrates: 91.12g (33.13%), Sugar: 10.1g (11.22%), Cholesterol: 68mg (22.67%), Sodium: 1368.22mg (59.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.66g (83.32%), Selenium: 95.01µg (135.73%), Manganese: 1.45mg (72.53%), Vitamin B3: 10.42mg (52.08%), Phosphorus: 490.06mg (49.01%), Vitamin C: 28.48mg (34.53%), Copper: 0.67mg (33.72%), Vitamin B6: 0.67mg (33.49%), Fiber: 7.93g (31.73%), Potassium: 1101.7mg (31.48%), Magnesium: 119.51mg (29.88%), Iron: 4.35mg (24.19%), Zinc: 3.5mg (23.35%), Vitamin A: 921.17IU (18.42%), Vitamin B2: 0.3mg (17.87%), Vitamin B1: 0.26mg (17.36%), Vitamin B5: 1.7mg (16.95%), Vitamin K: 16.47µg (15.69%), Calcium: 154.29mg (15.43%), Folate: 48.81µg (12.2%), Vitamin E: 1.05mg (6.99%), Vitamin B12: 0.32µg (5.36%)