



Penne With Chicken and Preserved Lemon

READY IN



24 min.

SERVINGS



4

CALORIES



637 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound broccoli rabe trimmed cut into 3-inch pieces
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.5 tablespoons garlic fresh sliced
- ☐ 0.5 lemon zest fresh grated rinsed thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese fresh grated
- ☐ 4 servings parmesan cheese (for shaving)
- ☐ 2 cups rotisserie chicken cut shredded boneless skinless
- ☐ 0.1 teaspoon salt

☐ 0.5 pound penne pasta whole-wheat uncooked

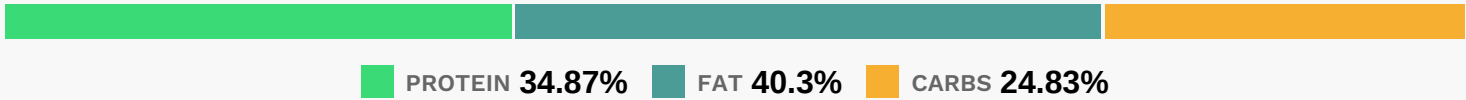
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Cook penne according to package directions.
- ☐ Add broccoli rabe to pasta during the last 2 minutes of cooking. When penne is al dente and broccoli rabe is tender but still bright green, drain, reserving 1/3 cup pasta water; set aside.
- ☐ While pasta is cooking, heat olive oil over medium heat.
- ☐ Add garlic and crushed red pepper, and cook 1 1/2 minutes or until fragrant but not browned.
- ☐ Add the chicken and reserved pasta water, and cook 1 minute or until heated through.
- ☐ Add preserved lemon rind (or lemon zest) and salt; remove from heat.
- ☐ Toss chicken mixture with cooked pasta and broccoli rabe and grated fresh Parmesan; divide evenly among 4 bowls. Use a wide peeler to shave 12 (2-inch-long) strips of Parmesan.
- ☐ Place 3 shavings over each portion; serve immediately.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:17.081304425779%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 636.87kcal (31.84%), Fat: 28.31g (43.56%), Saturated Fat: 9.99g (62.46%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 33.49g (12.18%), Sugar: 1.78g (1.98%), Cholesterol: 139.63mg (46.54%), Sodium:

1120.71mg (48.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.12g (110.24%), Vitamin K: 132.19µg (125.89%), Calcium: 521.47mg (52.15%), Vitamin A: 1860.43IU (37.21%), Phosphorus: 312.76mg (31.28%), Fiber: 5.77g (23.08%), Vitamin C: 12.39mg (15.02%), Manganese: 0.29mg (14.31%), Vitamin E: 2.11mg (14.06%), Selenium: 9.67µg (13.81%), Folate: 49.9µg (12.48%), Vitamin B2: 0.21mg (12.12%), Zinc: 1.54mg (10.24%), Iron: 1.66mg (9.23%), Vitamin B6: 0.17mg (8.71%), Vitamin B12: 0.46µg (7.67%), Magnesium: 30.46mg (7.62%), Vitamin B1: 0.11mg (7.56%), Potassium: 163.39mg (4.67%), Vitamin B3: 0.85mg (4.23%), Vitamin B5: 0.38mg (3.76%), Copper: 0.05mg (2.38%), Vitamin D: 0.19µg (1.28%)