



Penne with Chicken, Shiitake Mushrooms, and Capers

READY IN



45 min.

SERVINGS



6

CALORIES



790 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings all purpose flour
- ☐ 2 tablespoons capers drained
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 teaspoons rosemary fresh minced
- ☐ 1.5 pounds mushroom caps fresh trimmed sliced
- ☐ 4 large garlic cloves finely chopped
- ☐ 2.5 cups low-salt chicken broth ()

- ☐ 7 tablespoons olive oil
- ☐ 6 servings parmesan cheese freshly grated
- ☐ 1 pound penne pasta
- ☐ 1 large onion red thinly sliced
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into 3/4-inch cubes

Equipment

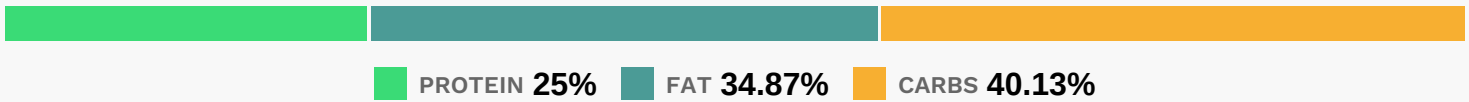
- ☐ bowl
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in heavy large pot over medium-high heat.
- ☐ Add onion and sauté until golden brown, about 10 minutes.
- ☐ Transfer to medium bowl.
- ☐ Add 2 tablespoons oil to pot.
- ☐ Add garlic and rosemary; sauté 30 seconds.
- ☐ Add mushrooms. Reduce heat to medium, cover, and cook until mushrooms are soft and brown, stirring often, about 15 minutes.
- ☐ Transfer to bowl with onion.
- ☐ Toss chicken in large bowl with enough flour to coat; shake off excess.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat remaining 3 tablespoons oil in same pot over medium-high heat.
- ☐ Add chicken; sauté until no longer pink, about 5 minutes.
- ☐ Add 2 1/2 cups broth, wine, and capers. Bring to boil, scraping up any browned bits.
- ☐ Add mushroom-onion mixture and simmer until chicken is cooked through, about 5 minutes. Season to taste with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain.

- ☐
- Add pasta to chicken mixture and toss over medium heat until heated through, adding more broth if necessary to moisten.
- ☐
- Transfer pasta to large bowl.
- ☐
- Sprinkle with parsley.
- ☐
- Serve, passing cheese separately.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:29.06, Inflammation Score:-8, Nutrition Score:34.478695475537%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 790.28kcal (39.51%), Fat: 30.1g (46.31%), Saturated Fat: 7.96g (49.77%), Carbohydrates: 77.96g (25.99%), Net Carbohydrates: 71.98g (26.17%), Sugar: 5.91g (6.56%), Cholesterol: 98.67mg (32.89%), Sodium: 778.58mg (33.85%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 48.57g (97.15%), Selenium: 104µg (148.57%), Vitamin B3: 19.43mg (97.15%), Phosphorus: 749.53mg (74.95%), Vitamin B6: 1.39mg (69.31%), Manganese: 1.13mg (56.73%), Vitamin K: 52.51µg (50.01%), Vitamin B5: 3.83mg (38.27%), Vitamin B2: 0.59mg (34.78%), Potassium: 1144.91mg (32.71%), Calcium: 308.47mg (30.85%), Zinc: 4.46mg (29.7%), Magnesium: 111.85mg (27.96%), Copper: 0.51mg (25.54%), Fiber: 5.98g (23.93%), Vitamin E: 2.86mg (19.04%), Iron: 2.98mg (16.53%), Vitamin B1: 0.24mg (16.04%), Folate: 56.59µg (14.15%), Vitamin B12: 0.73µg (12.17%), Vitamin A: 509.08IU (10.18%), Vitamin C: 6.79mg (8.23%), Vitamin D: 0.72µg (4.78%)